SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 45 SHOPPERS DRUG MART

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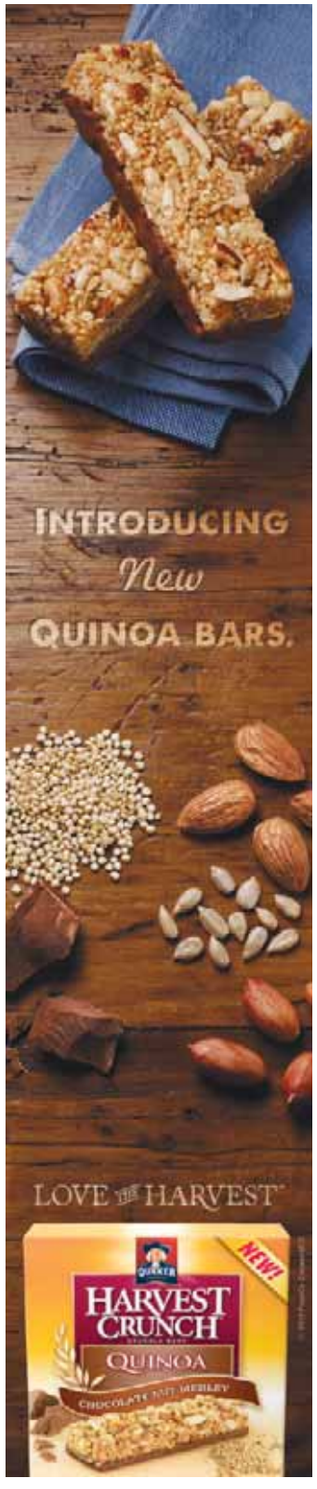

STARS — THEY LOVE SWAG, JUST LIKE US

Toronto's Nazneen Contractor, who stars in Star Trek Into Darkness, pops by the Tastemakers lounge to kick off TIFF 2013 on Wednesday. Metro has extensive Toronto Film Festival coverage inside, from the best movies to check out to interviews with the stars of big TIFF premiers. See pages 29-36. CENTRAL IMAGE AGENCY/FOR METRO

Province planning a shorter, cheaper subway

Money talks. Transportation Minister says Scarborough extension could be built with existing $1.4B in funds

Ontario Transportation Minister Glen Murray says Queen's Park is prepared to go it alone to build Scarborough a subway — albeit a shorter line on a different route than the plan that was conditionally approved by council this summer to replace the creaking Scarborough RT.

Murray is proposing a 6.4-kilometre extension of the Bloor-Danforth line from Kennedy Station to the Scarborough City Centre, with a single stop at Lawrence. Instead of the earlier subway route designed by the TTC, the new version would run along the same alignment as the SRT.

Murray insists it could be built with the $1.4 billion Queen's Park has already committed, far less than the $3 billion he estimated the TTC version would cost.

"We are not asking for any money from the city, we are not asking for any money from the federal government," he said.

More stops would be added if Toronto or Ottawa pitch in funding, said Murray. But there's no indication that, despite their claims of subway support, those governments are ready to help pay.

"The only people funding subways is the (Liberal) government of Ontario," he said, pulling a coin out of his pocket to illustrate Mayor Rob Ford's failure, three years into his four-year term, to deliver even a nickel toward the project.

That didn't stop Ford from taking credit and joining Scarborough councillors and Liberal MPPs in cheering the subway plan.

"This is great news and a huge victory for all of us. I promised a subway for Scarborough and campaigned on that, and I am fulfilling my promise," Ford said in a statement.

TORSTAR NEWS SERVICE

Money where your mouth is

"We have subway champions coming out of our wazoo. We don't have subway funders."
Transportation Minister Glen Murray

Fist fight wasn't on the agenda

Oshawa council meeting resembles barroom brawl PAGE 3

Rage against rape-case judge

Ex-teacher's light sentence may be reversed, judge's critics are still fuming PAGE 10

Some of our best artists are gay: Putin

Russian president says his policies are not homophobic because he's fond of Tchaikovsky PAGE 18

Bautista out early again

Jays' right-fielder will finish the season on the disabled list PAGE 56

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$473,935 in fines

Data shows we love to jaywalk

A freedom-of-information request has revealed that Toronto police officers issued 9,310 jaywalking tickets between January 2012 and June 6, 2013.

The most were issued in two downtown police divisions — 51 and 14 — with 2,347 and 1,842 tickets respectively. By comparison, only 41 tickets were issued by officers of 32 Division in suburban north Toronto.

In total, the tickets accrued $473,935 in fines.

TORSTAR NEWS SERVICE

New location

It's true — Real Jerks never quit

Knock-down is not knock-out.

An uncle's words resonate for restaurant owner Ed Pottinger, as The Real Jerk ends an almost two-year struggle to reopen with plans to dish out rotis and chicken later this month.

Ed Pottinger
CONTRIBUTED

A controversial eviction from its landmark Queen and Broadview location sent the 28-year-old Jamaican restaurant on a hunt for a new home, which ended Friday when owners Ed and Lily Pottinger got the keys to the new venue at 842 Gerrard St. E. and Carlaw Ave.

"It's over," said Ed Pottinger. "No more fighting, no more waiting, no more wishing and hoping. We're here."

TORSTAR NEWS SERVICE

Daniel Hammond, on the floor, was removed by security guards and plainclothes police officers during an Oshawa City Council meeting Tuesday night. TORSTAR NEWS SERVICE

Brawl at city hall leads to 2 arrests

Oshawa. City council votes to nix position of auditor general

What started as a regular city council meeting in Oshawa came to resemble a barroom melee that left two men facing charges.

"I find it unbelievable," said Coun. John Neal, who had a "ringside seat" to the fracas Tuesday night. "In 13 years (on council), I've never seen anything like that."

Several dozen people had gathered for what was expected to be a contentious meeting in a council chamber that sees its fair share of heckling and ousters — enough that Mayor John Henry now starts meetings with a warning that everyone behave.

On the agenda was an investigation into a report by the city's auditor general that suggested senior staff misled council and threatened the watchdog.

Among the audience were several Durham Regional Police officers in plain clothes.

"It was decided, due to the heated nature of the issue, that we would have officers nearby," Durham police spokesperson Dave Selby wrote in an email.

At about 7:30 p.m., Henry asked council regular Daniel Hammond to leave for interrupting the meeting.

A scuffle ensued. A video of the incident shows two security guards dragging Hammond toward the door before officers pinned him on the floor. Hammond was led out in handcuffs, while several others were also ejected.

Minutes later, Oshawa resident Bill Steele was told to leave after a loud exchange with the mayor. After another scuffle, police marched Steele out in handcuffs, with a torn shirt and a cut on his nose.

Steele and Hammond were both charged with assault and failing to leave the premises.

During the night, council voted 8-3 to not renew the contract of auditor general Ron Foster and to nix the position.

The move follows months of contention in the wake of Foster's blistering May report suggesting city staff had withheld information from council on a multimillion-dollar land deal and threatened the watchdog's job. Conclusions of an investigation into the report found "no basis" for the assertions. TORSTAR NEWS SERVICE

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Billy Bishop airport

Airline pitches 2nd extension plan

Porter Airlines says it's fine with either of the expansion plans it has proposed for the Billy Bishop Toronto City Airport.

In June, the airline had proposed to extend the island airport runway by 168 metres at each end by filling in part of the lake so it can fly its new fleet of jets.

But on Tuesday, Porter proposed extending the runway by a total of 400 metres — or 200 metres at each end. It said the extra few metres will give the planes additional takeoff runway distance and minimize noise. THE CANADIAN PRESS

Court

Fine raised after workers' deaths

Ontario's top court has more than tripled the fine a construction company must pay after four migrant workers plunged to their deaths from scaffolding on Christmas Eve 2009 in Toronto.

Metron Construction Corp. was originally fined $200,000 but in a decision released Wednesday, the Court of Appeal for Ontario boosted that to $750,000.

The four workers were among six people doing repairs on a highrise building using scaffolding that was meant to hold two when it collapsed. THE CANADIAN PRESS

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Non-citizen voting gets lukewarm response

Poll. Slight majority of Torontonians oppose city plans to extend ballot rights

Just over half of Torontonians polled by Forum Research, a Toronto-based public-opinion research company, do not support allowing permanent residents to vote in municipal elections.

Council voted in June to ask the province to give permanent residents the right to vote and participate in city elections.

If approved by the province, the new system could be in effect for the 2018 election and would allow an estimated 250,000 non-citizens to vote in the municipal election.

But Forum Research's poll of 3,951 Torontonians found that 53 per cent — or 2,094 people polled — disagreed with the move to allow permanent residents to vote.

If the province approved municipal voting rights for permanent residents, Lorne Bozinoff, president and founder of Forum Research, said it could help someone like Olivia Chow and hurt candidates such as Rob Ford and John Tory.

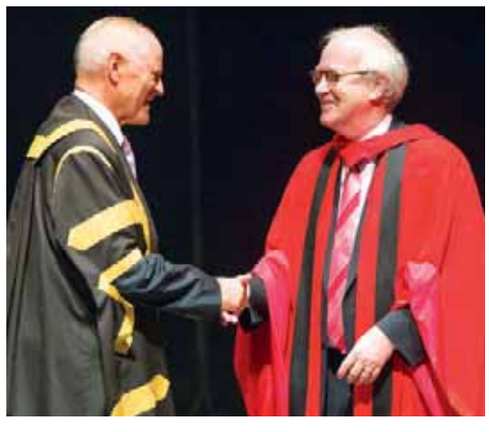
Numbers breakdown

Permanent residents made up six per cent of those polled (159 people) — a sample considerably lower than their percentage in the population as a whole (15 per cent, according to the Maytree Foundation). Surprisingly, 32 per cent (51 people) of those non-citizens polled also opposed the move.

"The findings of the poll are disappointing, but not surprising," said Debbie Douglas, executive director of the Ontario Council of Agencies Serving Immigrants and a supporter of giving permanent residents the right to vote municipally.

"There's a lot of public-education work we need to do on this issue. Torontonians and Ontarians need to be reminded that folks from the British Commonwealth were allowed to vote right up until 1985, whether they were citizens or not. That over the decades we've had to extend the vote to various groups who were excluded for no good reason — women, First (Nations) peoples, Chinese, new Canadians, etc."

TORSTAR NEWS SERVICE



Publisher gets his due

Torstar News Service publisher John Cruickshank is congratulated by chancellor William C. Graham after being honoured with a doctor of sacred letters at a convocation for Trinity College on Wednesday.

CARLOS OSORIO/TORSTAR NEWS SERVICE

Education. No punishment for bare-bones reports, teachers union says

Toronto teachers who handed in bare-bones report cards last fall won't be disciplined, says the head of the Elementary Teachers of Toronto.

In a back-to-school memo to the city's 11,000 public elementary school teachers, president Martin Long said the Toronto District School Board "has agreed to 'stand down' any ongoing investigations and meetings resulting from the conflict over the progress reports last year.

"Discussions continue to implement removal of all related documentation, e.g., letters in files and resulting grievances. A clearing of the state of this matter, I believe, is a positive start to the year …"

Last fall, as part of their ongoing dispute with the provincial government, the Elementary Teachers' Federation of Ontario advised members to do the bare minimum on the fall progress report cards, which do not contain grades but do have ample space for teacher commentary. TORSTAR NEWS SERVICE

Disciplinary measures?

In Toronto, about one in five teachers submitted one-comment November reports; they were then asked by their principals to resubmit them with more detail, and if they refused, were told they would face disciplinary measures.

- That threat led some teachers to refuse to restart extracurricular activities or take part in end-of-year graduation ceremonies even after the labour turmoil was largely settled. The provincial teachers' union has long advocated for two reports a year instead of the current three.

Katie Couric's retweet helps Toronto cop's anti-loneliness message go viral #awwwwww

A missive about loneliness turned a Toronto cop into a celebrity Tuesday after Katie Couric retweeted his exhortation for kids to share the cafeteria love on the first day of school. Sgt. Chris Boddy posted this message: "Dear Students: if you see a kid eating alone in the cafe, say hello and join him/her. #thatisnice". Couric, the American TV personality, quickly retweeted to her nearly 900,000 followers. The exposure helped Boddy's wise words go viral: More than 1,600 people have retweeted the digital epistle. CARLOS OSORIO/TORSTAR NEWS SERVICE

Vaughan

Grandfather facing Italian Mafia charges

A Vaughan grandfather wanted in Italy on Mafia-related charges remains behind bars in Milton after being arrested on an immigration warrant.

Carmelo Bruzzese, 64, was ruled a flight risk after his arrest late last month by the RCMP and Canada Border Services Agency. His detention review has lasted six days and is expected to last into next week.

TORSTAR NEWS SERVICE

Bolton

Residents fighting Canadian Tire centre

Caledon residents are trying to block a ministerial order from Queen's Park authorizing construction of a Canadian Tire distribution centre. A new group, Your Voice Bolton, said it filed an application to revoke the Minister's Zoning Order.

TORSTAR NEWS SERVICE

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Water plant's woes not a drop in the bucket: Automation's soaked

Calgary flood aftermath. Treated water may be substandard because important facility is in 'manual mode'

ROBSON FLETCHER
Metro in Calgary

Calgary's largest wastewater treatment facility is operating in "manual mode" due to damage from … water.

Because of the damage from June's flood, there's a "very high risk" that the plant will send treated water to the Bow River that doesn't meet provincial standards, a city report says.

"We've basically stepped back 30 years in time," said Kevin Colbran, manager of the Bonnybrook Wastewater Treatment Plant.

"We have the brain of our control system, but all of the field devices and cabling that sent the information to that brain were toasted in the flood."

As a result, employees have to visually monitor things such as water levels and dissolved oxygen levels in the plant's tanks and then manually turn valves to adjust flow levels and keep the treatment processes in order.

"It's more challenging," Colbran said.

"These plants are pretty complex now. They're designed with automation in mind, not manual operation."

It also takes a lot longer, he added, since employees have to travel from one part of the 50-acre site to another to make observations, then make adjustments and then double-check.

Bonnybrook operations leader Robert Kotch stands above one of the facility's clarifiers, which staff must now monitor and adjust manually after June floodwaters damaged automation systems. ROBSON FLETCHER/METRO

Arrest warrants out for B.C. landlord

Downtown Eastside landlord George Wolsey is officially a wanted man after refusing to pay thousands in damages to former tenants of his dilapidated buildings.

The B.C. provincial court ordered 10 warrants for Wolsey's arrest on Tuesday after he repeatedly failed to show up in court to address his $18,163.75 debt to 10 former residents of the Wonder and Palace hotels, the Pivot Legal Society announced at a news conference Wednesday.

It's a paltry sum for a man who sold the two cockroach- and bedbug-infested single-room-occupancy hotels in Vancouver's poorest neighbourhood for about $4 million in 2012.

Court action happened after the city issued an injunction forcing him to repair the buildings, which didn't have functional fire escapes.

Quoted

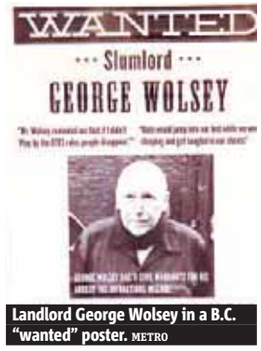
"He's a tyrant, period."

Stephen Freeman, who says he was evicted by landlord George Wolsey.

"He's a heartless S.O.B.," former resident Stephen Freeman told reporters, adding Wolsey evicted him from his mouse-ridden room for buying methadone from a different pharmacist.

Wolsey, a Langley resident who had his pharmacist licence stripped in 2004 for forcing his tenants to fill their prescriptions through him, has seven days to turn himself in or Surrey sheriff services will begin searching for him.

EMILY JACKSON/METRO IN VANCOUVER



Landlord George Wolsey in a B.C. "wanted" poster. METRO

Tory tome. PM tackles Canada's great game

Stephen Harper can soon add another line to his resumé — published author.

The prime minister's book on the history of hockey is set to hit store shelves Nov. 5.

A Great Game: The Forgotten Leafs and the Rise of Professional Hockey looks at the early years of the game.

It will also feature photos of famous arenas and the game's earliest star players.

"Drawing on extensive archival records and illustrations, histories of the sport and newspaper files, A Great Game delves into the fascinating early years of ice hockey," publisher Simon and Schuster Canada said Wednesday.

"It tells of the hockey heroes and hard-boiled businessmen who built the game, and the rise and fall of legendary teams pursuing the Stanley Cup."

Harper has spent years preparing the book.

THE CANADIAN PRESS

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Guo Bin recuperates with his mother at a hospital in Taiyuan in northwest China's Shanxi province after a brutal attack that left him blind. THE ASSOCIATED PRESS

Cops suspect boy's aunt gouged eyes

China. Horrific case appears to end with attacker's suicide, but still no clear motive

Chinese authorities said Wednesday that they suspect that the woman who gouged out a six-year-old boy's eyes was his aunt who later killed herself, adding a surprising twist to a gruesome case with conflicting details.

The attack on the boy horrified the Chinese public and added to outrage over violence against children in the wake of a scandal earlier in the year involving teachers sexually abusing young girls. This time, heart-wrenching images and footage of the wailing child in hospital, his eyes bandaged and parents distraught, have circulated on the Internet as news commentaries slammed the brutality of the attack.

"Mama, why is the sky still so dark?" the child has been quoted as saying while recovering in hospital, his parents unable to bring themselves to tell him about his condition.

In the dark

"He still doesn't know that he likely will be blind the rest of his life."

Wang Wenli on the condition of her 6-year-old son after a brutal attack

On Wednesday, police in the city of Linfen in northern Shanxi province confirmed an official Xinhua News Agency report that the boy's aunt, Zhang Huiying, had been identified as a suspect because his blood was found on her clothes. Six days after the boy was attacked, Zhang killed herself by jumping into a well.

Xinhua did not cite a possible motive for the aunt to attack the boy.

Initial reports said the boy, Guo Bin, who also goes by the nickname Bin Bin, had been playing outside his home on the evening of Aug. 24 when he was lured by an unidentified woman into a field where she used a tool to gouge out his eyes. THE ASSOCIATED PRESS

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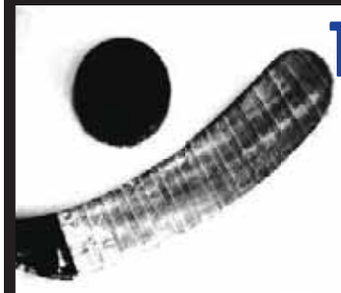

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Judge still being judged over 30-day sentence for rapist

Montana. Original sentence may be illegal

A former teacher sent to prison for 30 days for raping a student is set to return to court in Billings, Mont. Friday because the sentence may have been illegal, but the move has failed to quiet criticisms of the judge overseeing the case.

District Judge G. Todd Baugh said Tuesday that state law appears to require a two-year mandatory minimum prison term for Stacey Rambold, 54.

"In the Court's opinion, imposing a sentence which suspends more than the mandatory minimum would be an illegal sentence," Baugh wrote.

But that did little to sway Baugh's critics, including hundreds of protesters who rallied outside the Yellowstone County Courthouse last week to call for the judge's resignation.

Yellowstone County Attorney Scott Twito said Baugh may lack authority to impose a longer sentence at this point. That's because state law says an illegal sentence must be handled through the appeal process.

Rambold was sentenced last week to 15 years with all but 31 days suspended and a one-day credit given for time-served. He has begun serving his month-long term at the state prison.

Court documents show that Rambold and a young girl had three sexual encounters. The relationship was still going on when authorities were notified in 2008 after the girl confided in her youth counsellor, the court documents state.

Baugh said in response to the criticism that followed his remarks that Rambold's sentence was based on the defendant's violation of an earlier deal he made with prosecutors, rather than the original crime.

He also claimed that his remarks about the girl were "irrelevant" and did not factor into his sentence.

THE ASSOCIATED PRESS

Condemnation

The judge has faced widespread condemnation for the sentence and for saying Rambold's 14-year-old victim was "older than her chronological age" and asserting that she had some control over her relationship with Rambold.

- The judge later apologized for his comments. Those who have called for him to resign said it's not enough.
- The girl killed herself before Rambold's case came to trial. That left prosecutors without their main witness.

Montana District Judge G. Todd Baugh reads a statement last month apologizing for remarks he made about a 14-year-old girl raped by a teacher in Billings, Mont. State prosecutors said Wednesday they are appealing as "illegal" the 30-day sentence handed down by the Montana judge to the former teacher for raping the girl. MATTHEW BROWN/THE ASSOCIATED PRESS

Stronger

Man who lost legs in Boston bombings, helped ID attacker, gets book deal

A man who lost his legs in the Boston Marathon bombings but managed to help identify the attackers is working on a memoir.

Jeff Bauman has a book deal with Grand Central Publishing for Stronger, scheduled to come out in April, one year after the attacks that killed three and injured many others.

Bauman is a motivational speaker and said that he wanted his book to "inspire others." THE ASSOCIATED PRESS

Distance swimmer

48-hour fundraiser up next for Nyad

Diana Nyad may have finally completed her long-held dream of swimming from Cuba to Florida, but even at an age where many people are thinking about retirement, she isn't planning to slow down.

The 64-year-old Nyad plans to swim for 48 hours straight next month, accompanied by celebrities swimming laps alongside her, in a specially designed swimming pool that will be erected in New York City to raise money for Hurricane Sandy survivors.

THE ASSOCIATED PRESS

Arizona

Man rescued by air force after 100-foot fall in national park

An Arizona man is recovering from a climbing accident so remote at Zion National Park that it took the air force to make a rescue in the dead of night.

Park officials say the climber was plucked from Behunin Canyon Tuesday by a helicopter and rescue squadron from Nellis Air Force Base in Las Vegas. Officials say the man's helmet probably saved his life, but a 100-foot fall left him with serious head and other injuries. THE ASSOCIATED PRESS

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It don't matter if you're black or white. N-word is offensive regardless of who says it: Court

The lawyer for a black U.S. woman whose claim against a black boss's N-word rant brought a $280,000 jury award says she hopes the case teaches society something.

"It's the most offensive word in the English language," attorney Marjorie M. Sharpe said Tuesday.

A jury sided with 38-year-old Brandi Johnson against the boss, Rob Carmona, in a case that explored a word that is a degrading slur when spoken by whites but at times is used affectionately among blacks, even in the workplace.

Johnson said she hopes the word now "won't be tolerated no matter what your race is."

Carmona, a 61-year-old black man of Puerto Rican descent, had testified that he was dispensing tough love. "I come from a different time," he said in court Tuesday.

He had tried to defend his use of the word, saying it had "multiple contexts" in the black and Latino communities, sometimes indicating anger, sometimes love.

THE ASSOCIATED PRESS

The two Koreas

Can't we just forget about those nuclear threats and co-host?

South Korea has rejected Pyongyang's suggestion that a North Korean ski resort could be used for events at the 2018 Winter Olympics.

The organizing committee for the games in Pyeongchang says that North Korea's offer is unrealistic.

The committee's statement on Wednesday comes after a North Korean IOC official told the Voice of America broadcaster on Tuesday that it is possible to use the North Korean ski resort for Olympic events when it's completed.

THE ASSOCIATED PRESS

Just watch this become the must-have gift of the season

A model touches the screen of a Samsung Galaxy Gear smartwatch in Berlin, Wednesday. MICHAEL SOHN/THE ASSOCIATED PRESS

Wearable computing. Samsung unveils smartwatch in race to beat Apple for this year's most-coveted gadget

Samsung unveiled its highly anticipated digital wristwatch Wednesday, beating Apple to what could become this year's must-have holiday gift item.

So-called smartwatches, which can perform tasks such as displaying email and Twitter messages on a device worn around the wrist, have been around for several years but have failed so far to inspire great interest among ordinary consumers. But with smartphone behemoths Samsung Electronics Co. and Apple Inc. joining the fray — and Google pushing its Google Glass gadget — experts see a chance of wearable computers breaking into the mainstream.

That is, if consumers can get used to talking to their watch, secret-agent style.

"With Gear you're able to make calls and receive calls, without ever taking your phone out of your pocket," Pranav Mistry, a member of Samsung's design team, told reporters at the launch in Berlin ahead of the annual IFA consumer electronics show there.

The Gear uses Google's Android operating system, just like many other devices made by Samsung. The South Korean electronics company said the Gear can act as an extension to a smartphone by discreetly alerting users to incoming messages and calls on its display screen. THE ASSOCIATED PRESS

Is it really such a big deal?

"Smartwatches haven't had the best track record."

Ramon Llamas, an analyst at research firm IDC,who is skeptical that so-called wearable computers will be a success

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Armstrong ordered to testify about doping

Lance Armstrong arrives with his wife Kristin to a party in New York to celebrate Armstrong being named Sports Illustrated's Sportsman of the Year in this file photo from Dec. 10, 2002. THE ASSOCIATED PRESS FILE

Lawsuit. Texas judge orders the cyclist to answer doping questions in fraud case

An Austin, Texas, judge is pushing Lance Armstrong closer to his first sworn testimony on details of his performance-enhancing drug use, ordering the cyclist to answer questions about who knew what and when about his doping, including possibly his ex-wife and his attorneys.

Nebraska-based Acceptance Insurance Holding is seeking the information in its lawsuit to recover $3 million in bonuses it paid Armstrong from 1999 to 2001. A judge previously refused to dismiss the case.

Acceptance is trying to prove a yearslong conspiracy and coverup by Armstrong to commit fraud. It wants to know when several of Armstrong's personal and business associates — including ex-wife Kristin Armstrong, team officials, the cyclist's lawyers and International Cycling Union president Pat McQuaid — first learned of his doping.

Armstrong's attorneys objected to those demands in court documents, arguing the former cyclist already has acknowledged cheating and that Acceptance is engaged in a "harassing, malicious ... fishing expedition" intended to "make a spectacle of Armstrong's doping."

THE ASSOCIATED PRESS

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Comparing it to slavery

Winnipeg man tackles grass-mowing bylaw

Richard Hykawy says he wants to set a legal precedent for every Canadian who is forced to cut grass or clear snow from city property adjacent to their home — a situation he calls worse than slavery.

"Back in the day, slaves were kept. They were clothed, maybe not well. They were fed, maybe not well. But they were provided equipment and given what they needed to (perform) the work," Hykawy said Wednesday outside a Winnipeg court.

"In the case of the city, we're not clothed, we're not fed."

Hykawy is struggling to launch a challenge under the Charter of Rights and Freedoms, and has refused for the last few years to mow the grass on a strip of city property next to his suburban house. THE CANADIAN PRESS

California. Man living illegally in the U.S. fights to become a lawyer

Sergio Garcia arrived in the U.S. illegally 20 years ago to pick almonds in the field with his father. Now, still living in the country illegally, he's fighting to become a lawyer in California and has the support of the state's attorney general and lawyers' association.

The U.S. Department of Justice, however, is trying to block his request.

The dispute is the latest high-profile immigration clash between state and federal laws as Congress and the Obama administration work on overhauling the system to address the estimated 11 million people living in the country illegally.

The Mexican-born Garcia, 36, studied to become a paralegal and passed the California bar exam on the first try — a boast that Gov. Jerry Brown and nearly 50 per cent of all first-time test takers can't make.

On Wednesday, Garcia will ask the California Supreme Court to license him. But the DOJ argues in court filings that granting Garcia a law licence card would violate a federal law barring people in the U.S. illegally from receiving government benefits.

THE ASSOCIATED PRESS

Sergio Garcia poses for photographs in San Francisco on Tuesday. Garcia, who wants to be a lawyer, arrived in Northern California illegally 20 years ago and has been there since. JEFF CHIU/THE ASSOCIATED PRESS

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Prison chief gets the boot after reports of Islamist meetings

Egypt. Official denies aiding communication between jailed Muslim Brotherhood members

Egypt's interior minister removed the head of the country's prison authority Wednesday amid reports he facilitated meetings between detained Islamists, an official said.

The decision was part of a limited reshuffle in the ministry in charge of security, which also saw security and investigative chiefs removed in the southern governorate of Minya, where unrest is rife and mobs have attacked government buildings and churches.

A security official said Minister Mohammed Ibrahim removed Mostafa Baz after reports emerged he had overlooked meetings in jail between Muslim Brotherhood leaders and other Islamists and allowed them to communicate outside the prisons.

Egyptian Interior Minister Mohammed Ibrahim THE ASSOCIATED PRESS FILE

The official spoke on condition of anonymity because he was not authorized to brief the media. Baz had been in the post since June 10.

Explaining his decision, Ibrahim told Egypt's state news agency the reshuffle was necessary to restore state security.

A day earlier, Egypt's interim President Adly Mansour said security was his government's top priority.

Asked about Baz, Ibrahim said: "Prisons are one of the most important police sectors and require strong leadership. The removal was to ... appoint a more qualified leadership."

In an interview with a private TV station this week, Baz denied he facilitated meetings between the Brotherhood leadership. He said the media reports had referred to a communal prayer time involving several leaders of the group and other Islamists.

Baz said police officers outnumbered the Islamists at the prayers to make it clear they were being watched.

THE ASSOCIATED PRESS

Oradour-sur-Glane

Presidents honour French victims of Nazi slaughter

With hugs and hand-holding in a solemn tribute to those killed, the presidents of Germany and France on Wednesday visited a ghost town left behind after the largest massacre in Nazi-occupied France nearly seven decades ago.

The trip by German President Joachim Gauck, accompanied by France's Francois Hollande, to the southwestern French town of Oradour-sur-Glane was the first by a serving German leader. The town is today a phantom village, with burned-out cars and abandoned buildings left as testimony to its history.

On June 10, 1944, an SS armoured division herded hundreds of civilians into barns and a church, blocked the doors, and set the town on fire. A total of 642 men, women and children died.

Quoted

"When I look today into the eyes of those who have been marked by this crime, I can say I share your bitterness over the fact that the murderers have not been brought to justice."

German President Joachim Gauck

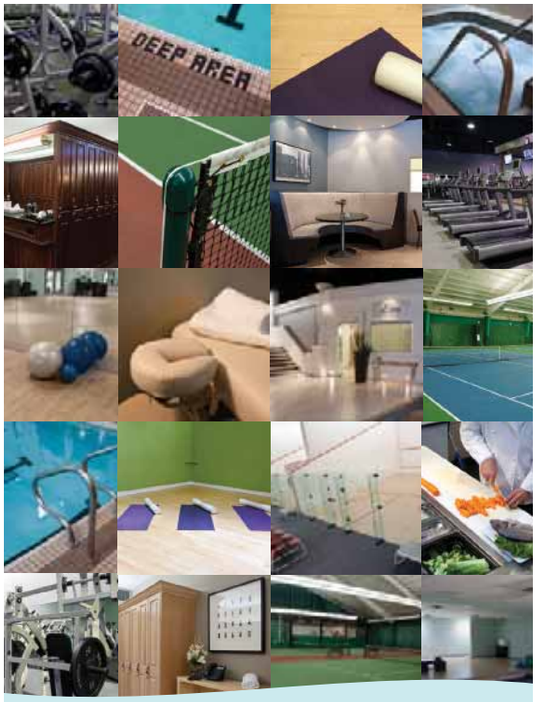
The visit aimed to underscore French-German postwar reconciliation, and the importance of remembering Nazi atrocities during the Holocaust.

The Oradour killings were believed to have been ordered by a battalion commander in retaliation for the kidnapping of a German soldier by the French Resistance.

Six men from the fanatical SS "Das Reich" division that was responsible for the massacre have been under investigation in Germany for almost two years on possible charges of murder or accessory to murder.

Prosecutor Andreas Brendel, who is leading the investigation, said Wednesday he expects to determine by year-end whether there is enough evidence against the suspects to file charges against them.

THE ASSOCIATED PRESS



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Vigilantism? Bus drivers flee from female 'hunter'

Half of the bus drivers who work a route in Mexico on which two colleagues were shot to death last week, possibly by a woman seeking revenge for purported sexual abuse of female passengers, didn't show up for work Tuesday.

Only 10 of the 20 drivers on the 4A bus route in the border city of Ciudad Juárez took the wheel "because they are afraid," a dispatcher said. "There were a lot fewer passengers, too."

Authorities have released a police sketch of a female suspect and said they were looking into claims made over the weekend in an email from the "bus-driver hunter," who said she is seeking revenge on behalf of women she alleged had been abused by bus drivers.

The claims echoed deeply in Ciudad Juárez, which has a grim history of rape and murder against women on buses.

THE ASSOCIATED PRESS

Claim of responsibility

"I am the instrument of vengeance for several women."

An email from 'Diana, the hunter of bus drivers,' sent to various media outlets

Ex-Calgarian

Man gets retrial for wife's killing

A former Calgary man convicted of strangling his estranged wife in 2008 has won a new trial in North Carolina.

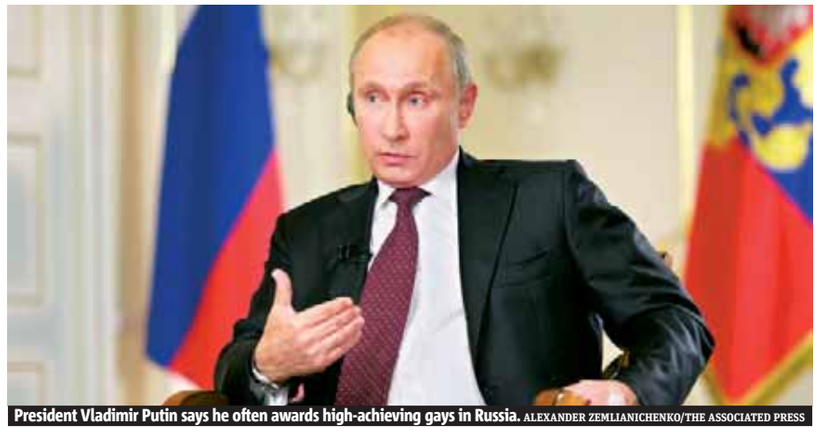
Media reports say an appeals court made the decision on Tuesday after hearing arguments on whether Bradley Cooper's defence lawyers were thwarted from presenting their best case.

Cooper was convicted in 2011 of killing of his wife Nancy. Prosecutors said Cooper had killed his wife because she planned to divorce him and move to Canada with their two daughters.

THE CANADIAN PRESS

Russia's not homophobic — we love Tchaikovsky: Putin

Safety at Sochi. Russian president tries to assure international athletes despite harsh decrees



President Vladimir Putin says he often awards high-achieving gays in Russia. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

President Vladimir Putin sought to ease concerns that Russia's new anti-gay law would be used to punish athletes who display rainbow flags during the Winter Olympics in Sochi, while insisting that gays are not discriminated against in his country.

"I assure you that I work with these people; I sometimes award them with state prizes or decorations for their achievements in various fields," Putin said in an interview late Tuesday. "We have absolutely normal relations, and I don't see anything out of the ordinary here."

He added that Russians love Tchaikovsky even though the composer was said to have been a homosexual.

"Truth be told, we don't love him because of that, but he was a great musician, and we all love his music," Putin said.

Putin offered to meet with members of the gay and lesbian community if they asked.

The law on "propaganda of nontraditional sexual relations," which Putin signed in July, makes it illegal to expose minors to information that portrays these relationships as normal or attractive.

Putin said in the interview that they would not be punished. But he clearly has no intention of allowing a pride parade during the Olympics. Last month, he signed a decree banning all demonstrations and rallies throughout the Winter Games. THE ASSOCIATED PRESS

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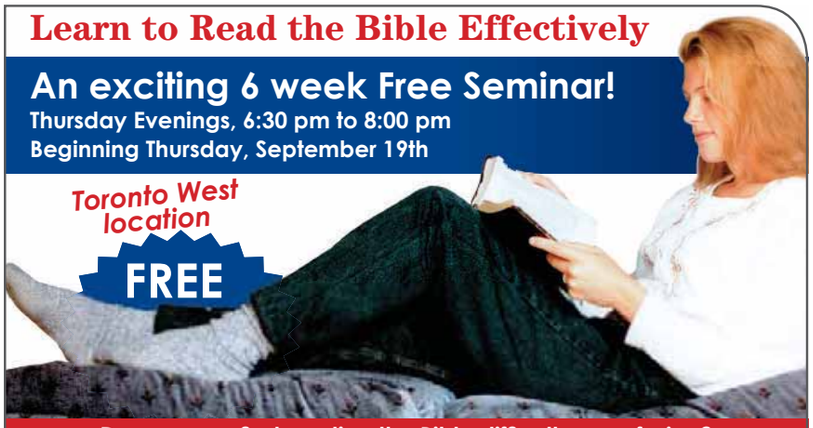

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- How did so many interpretations of the Bible develop?
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Moving porn out of state not what group had in mind

Condom law. AIDS Healthcare Foundation claims porn producers are trying to get around Measure B by having actors perform outside California

Voters approved the Los Angeles County condom law last November and it survived a legal challenge by porn producers when a judge last month upheld its constitutionality.
TORSTAR NEWS SERVICE FILE

A California-based health organization that successfully pushed for a Los Angeles County law mandating condom use in the adult film industry has filed a complaint about a porn movie made in Florida after it says filmmakers started shifting production to other states to avoid the law.

The organization, AIDS Healthcare Foundation, formally requested an investigation in an Aug. 16 letter to Florida's Department of Health.

The complaint claims that a Florida production took health risks by making pornography without condoms.

AHF president Michael Weinstein said Wednesday that California-based porn producers are trying to get around the new L.A. county law, known as Measure B, by having actors perform outside the state.

The filming was done by North Miami Beach-based D&E Productions on a contract with San Diego Boy Productions, according to D&E co-owner David Adamson.

He said California porn makers are outsourcing work in which actors don't wear condoms to filmmakers in other states, like him. Florida, especially the areas around Miami and Fort Lauderdale, has long had a robust pornography industry.

THE ASSOCIATED PRESS

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The Walking Dead

Zombies invade online classroom

The University of California, Irvine said Wednesday it will offer a free online course based on AMC network's hit zombie series The Walking Dead. The eight-week course begins on Oct. 14, the day after the AMC drama has its season premiere.

Topics include the hierarchy of needs in a crisis, the physiology of stress and population modelling to predict a species' survival. THE ASSOCIATED PRESS

Elton John foundation

Clinton picked for gay-rights honour

Hillary Rodham Clinton's support of gay rights has earned her a special honour from the Elton John AIDS Foundation. The former U.S. secretary of state will receive its first Founder's Award on Oct. 15 in New York City.

THE ASSOCIATED PRESS

The Human Rights Foundation is criticizing singer Kanye West for performing at a wedding in Kazakhstan. FRANCOIS MORI/THE ASSOCIATED PRESS FILE

Kanye West. Rapper under fire for performance at wedding in Kazakhstan

The Human Rights Foundation has criticized Kanye West for performing at a wedding in Kazakhstan, joining a chorus of detractors who say he legitimized the human-rights violations of the nation's president.

The rapper performed at the wedding of Nursultan Nazarbayev's grandson last Saturday. The human-rights group compared the appearance to a similar visit earlier this summer by Jennifer Lopez to Turkmenistan, which has its own history of human-rights violations.

HRF president Thor Halvorssen says in a statement that Kazakhstan is a "human-rights wasteland" where entertainers like West would be imprisoned for expressing their views.

THE ASSOCIATED PRESS

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U.S. Senate panel votes for use of force in Syria

10-7 in favour.
President's push for military strike after alleged chemical-weapons attack gains steam in Congress

President Barack Obama's request for speedy congressional backing of a military strike in Syria advanced in the Senate on Wednesday, hours after the president left open the possibility he would order retaliation for a deadly chemical weapons attack even if Congress withheld its approval.

A resolution backing the use of force against President Bashar Assad's government cleared the Senate Foreign Relations Committee on a 10-7 vote after it was stiffened at the last minute to include a pledge of support for "decisive changes to the present military balance of power" in Syria's civil war. It would rule out U.S. combat operations on the ground.

The measure is expected to reach the Senate floor next week, although the timetable for a vote is uncertain.

The support seen in the Senate will be harder to find in the Republican-controlled House of Representatives, which is also reviewing Obama's request, though its timetable is even less certain.

The Obama administration blames a chemical weapons attack that took place on Aug. 21 on Assad's government and says more than 1,400 civilians died, including at least 400 children.

Other casualty estimates are lower, and the Syrian government denies responsibility, contending rebels fighting to topple Assad were to blame.

The Senate panel's vote marked the first formal response in Congress, four days after Obama unexpectedly put off an anticipated cruise missile strike against Syria and instead asked lawmakers to unite behind such a plan.

Obama was in Sweden after a day of diplomacy when the vote occurred. White House press secretary Jay Carney praised the Senate committee for backing Obama's call for a strike, saying the measure would uphold U.S. national security interests.

THE ASSOCIATED PRESS

Against unilateralism

Putin might support UN call for strike

Russian President Vladimir Putin has warned the West against taking one-sided action in Syria but said Russia "doesn't exclude" supporting a UN resolution on punitive military strikes if it is proved that Syria used poison gas on its own people.

In an interview Tuesday with The Associated Press, Putin expressed hope that he and Obama would have serious discussions about Syria and other issues at the G-20 summit in St. Petersburg, Russia, this week.

THE ASSOCIATED PRESS

Syrian refugees gather at the Turkish Cilvegozu gate border on Wednesday. THE ASSOCIATED PRESS

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Working on the details

Democrats, Republicans voice concerns

The Senate committee's vote capped a hectic few days in which lawmakers first narrowed the scope of Obama's request — limiting it to 90 days and banning combat operations on the ground — and then widened it.

Republican Sen. John McCain, a proponent of aggressive U.S. military action in Syria, joined forces with Democratic Sen. Chris Coons to add a provision calling for "decisive changes to the present military balance of power on the ground in Syria."

At their urging, the measure was also changed to state that the policy of the United States is "to change the momentum on the battlefield in Syria so as to create favourable conditions for a negotiated settlement that ends the conflict and leads to a democratic government in Syria."

McCain, who has long accused Obama of timidity in Syria, argued that Assad will be willing to participate in diplomatic negotiations only if he believes he is going to lose the civil war he has been fighting for over two years.

But even supporters of military action urged Obama to do more to sell his plans to an American public that is highly skeptical after a decade of war in Iraq and Afghanistan.

Republican Rep. Ed Royce said that while it would be important to deter the use of chemical weapons by Assad and others, there remained many unanswered questions, including what the U.S. would do if Assad retaliated.

"The administration's Syria policy doesn't build confidence," he said.

In a letter to her rank and file, Democratic Leader Nancy Pelosi said she had received suggestions for legislation in the House "to add language to prevent boots on the ground, to tie the authorization more closely to the use of chemical weapons and to address concerns about an open-ended timetable."

THE ASSOCIATED PRESS

Held women captive. Ohio prison orders review after Ariel Castro hangs himself

The man who kidnapped three young women and repeatedly raped them in his Ohio home for nearly a decade hanged himself in his cell, prison officials said Wednesday.

Ariel Castro, 53, last month was sentenced to life in prison plus 1,000 years after his guilty plea in one of the most sensational criminal cases in recent U.S. history.

Castro was found Tuesday night. Prison medical staff performed CPR before he was transported to a hospital, where he was pronounced dead.

He had used a bedsheet. Castro had been in protective custody because of the notoriety of his case, meaning he was checked every 30 minutes, but he was not on suicide watch, said JoEllen Smith, Department of Rehabilitation and Correction spokeswoman.

While in jail before his conviction, Castro was taken off suicide watch in June after authorities determined he was not a risk. An autopsy showed the death was a suicide.

This file photo shows Ariel Castro in the courtroom during the sentencing phase. THE ASSOCIATED PRESS

The American Civil Liberties Union of Ohio asked the prison system to conduct a full investigation. State Prison Director Gary Mohr ordered a review of Castro's medical and mental-health treatment and the circumstances surrounding his suicide. He said the state police were also investigating.

THE ASSOCIATED PRESS

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Staffers fired after black statue hanged at Leon's

Halifax. Furniture chain cans two employees, offers diversity training following incident

A Leon's Furniture outlet in Dartmouth, N.S., is apologizing and has provided staff with sensitivity and diversity training after firing two employees over the hanging of a black statue.

The furniture store says it fired the two workers after it conducted an investigation into the incident last month.

Leon's says the bronze statute with black patina was taped and hung to an office window. The statue was altered so its eyes and mouth were whitened.

The company did not return messages seeking comment. The incident was revealed by a former Leon's employee, who has lodged a complaint of racial discrimination with the provincial Human Rights Commission.

According to the CBC, Elsworth Bottomsley told the commission he quit after the statue lynching, which followed several other racially motivated incidents over the previous two years.

Another Leon's employee, who is also alleging racial discrimination by the furniture store, is seeking to introduce the statue lynching as evidence in her case.

THE CANADIAN PRESS
WITH FILES FROM METRO HALIFAX

Lobbying for a spot on your social calendar

Bartender Derek Simoes mixes drinks in the newly-redesigned bar during "social hour" at a Sheraton hotel in Seattle. Long treated as dead spaces that hotel guests raced through on the way to the elevator, lobbies are being transformed into places to work, surf the web or meet friends for a drink. Large, traditional hotels are spending billions on renovations to try to mimic the style and financial success of luxury and boutique hotels, which have always drawn free-spending crowds to their lobbies. Walls are being torn down to make lobbies feel less confined, communal tables are popping up and wine lists are being upgraded. ELAINE THOMPSON/THE ASSOCIATED PRESS

Halifax

Rain washes out N.S. booze sales

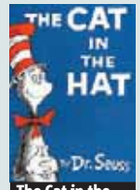
Nova Scotia Liquor is reporting a drop in sales and profits for the first quarter of this fiscal year, a decline it attributes in part to an increase in precipitation. The Crown corporation says it earned $57.1 million in profits during the first three months of fiscal 2013-14, about $1.4 million less than the same period last year.

THE CANADIAN PRESS

The logo of the Nova Scotia Liquor Commission THE CANADIAN PRESS

Publishing

Dr. Seuss classics go digital this fall



The Cat in the Hat SCREENGRAB

Make that the e-Cat in the Hat. Dozens of Dr. Seuss classics, including The Cat in the Hat and Green Eggs and Ham, will be available this fall for the first time as e-books. Random House Children's Books announced Wednesday that the first 15 will come out Sept. 24, followed by additional publications in October and November.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 95.31¢ (+0.34¢)

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Forget about Craigslist: Call-in classifieds are still alive and well in rural America

A man wants to sell a truck, and a woman wants to buy some tomatoes. In much of the world, they might turn to a computer to post ads online or flick through search results. But in some parts of rural America, they're just as likely to pick up the phone and call a local radio station.

Three times every weekday (and twice on Saturdays) people in western Arkansas call in to KARV's Dial-A-Trade, an audio adaptation of the classified ads. For an hour or so, callers explain what they're looking to buy, sell or trade. Then they leave their phone numbers. On live air. For free.

Some people who live here see the program as a public service, but to outsiders, it seems more like a time capsule, a relic from an era before commerce began migrating to the Internet.

Radio want-ad programs are neither new nor unique to Arkansas. For decades, scores of similar shows across the country have filled the airwaves with callers looking to buy and sell everything from apples to ammunition.

Do they take PayPal?

"We still have for sale quite a few of our laying hens.... We're the first driveway on the right."

Dolly Sinor, a caller to the Dial-A-Trade radio show in western Arkansas, who gave listeners directions to her home

These shows, with names like Tradio and Swap Shop, broadcast more than free bartering. They showcase a way of life that people in rural America have preserved like canned peaches. KARV's Dial-A-Trade first went on the air in the 1970s and hasn't changed much since then. THE ASSOCIATED PRESS

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NOT ALL TEACHERS ARE MADE EQUAL

HE SAYS

John Mazerolle
metronews.ca

Teachers, am I right?

In honour of the beginning of the school year, this was a test.

Did you respond to the mere mention of the profession with rage, fed up with union-protected whiners who don't realize how good they've got it, what with their summer break, free apples by the desk load and brightly coloured chalk?

Or did your eyes tear up at the very thought of these educational exemplars, the second most noble profession (just behind humour columnist), preparing The Leaders of Tomorrow despite the slings and spitballs of the Grocery Store Cashiers of Tomorrow?

Middle ground often seems like a no-man's land when it comes to the battle between pro- and anti-teacher camps.

People love labels. All of us do. It's so much easier than thinking. People can be racist. Some people are classist. Others are regionalist, deciding that 5.5 million people in the Greater Toronto Area are latte-quaffing liberals or that four million Albertans are cow-romancing conservatives — all mayoral election results to the contrary.

And some people are, uh, professionist. While teacher-bashing is more popular at the moment — teacher-praising seems reserved these days for teachers and their relatives — I've rarely heard an attempt at a balanced opinion. Educators are either heroes or heels, full stop.

Here's a hypothetical conversation:

"Must be nice to be done at three o'clock and get the whole summer off," says a teacher-hater.

"Teaching is the most important profession we have and in a just society, they'd be paid as much as doctors," says a teacher-lover.

"There are many excellent teachers who are making a real difference, yet there are some awful teachers who are protected too readily by their peers," says a third person, joining in.

"Kaboom!" go the heads of the other two, like characters in a violent video game being played in the back of a classroom as we speak.

Here's the thing: I remember a theatre arts teacher who gave us a taste of Macbeth and A Raisin in the Sun in a way that made us crave more, and I remember a French teacher who showed us Weekend at Bernie's. In English. Without subtitles.

The teaching profession is a mixed bag, just like every other profession except for astronauts and air-traffic controllers (one hopes). I choose to give individual teachers the benefit of the doubt until given reason not to.

After all, these are people who deal with classes packed tighter than a New York sidewalk, and often face junior high students without a chair and whip. And how does one deal with issues like bullying and burgeoning sexuality when, as I recall, all it takes to create chaos in a classroom is one stray bumblebee?

Last time I checked, teachers are people. Sorry to be so controversial.

ZOOM

Fish killed in polluted Chinese river

GETTY IMAGES

Factory blamed for ammonia leak

This was the scene on a 40-kilometre stretch of the Fuhe River in China after a chemical spill killed about 100,000 kilograms of fish, mainly chub, carp and snakehead. High levels of ammonia leaked into the river from a factory, and the owner has been ordered to stop operating.

The government claims the river is now cleared. METRO

Other animal tragedies

- 16,000 pigs were found floating in a Shanghai river this year.
- Also this year, 1,000 dead ducks were seen in the rivers of Sichuan province.
- Similar to now, more than 40,000 kilograms of fish were killed after the 2012 spill of toxic chemical cadmium in a Guangxi river.

Fishermen's losses

$11,400

The loss per day that local fishermen will suffer, which could have a devastating effect on the area's economy.

No comment from science company

The Hubei province environmental protection department, notified of the piles of dead fish on Monday, pointed the finger at local company Hubei Shuanghuan Science and Technology Stock Co. The company said it wasn't going to immediately comment.

THE ASSOCIATED PRESS

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Darwin the Ikea monkey made his first public appearance Dec. 9, 2012.
BRONWYN PAGE/THE CANADIAN PRESS/HANDOUT

If you've ever tried to find an old tweet, you know that Twitter's search function is of lamentable quality — at best. Topsy, the social media analytic king, has now fixed that wee problem and indexed every tweet ever sent. Ever. That's about 425 billion pieces of content, according to The New York Times. So what can you do with this while companies figure how to get rich from it? Have fun playing a spirited game of first tweets.

Ikea monkey
Where did the first Ikea monkey tweet come from?

Bieber
What was his first tweet?

Trudeau and pot
Find out just how far back the Trudeau pot-smoking story surfaced.

Twitter

@metropicks asked: Dr. Seuss books are coming out in e-editions. Do kids miss out on anything by using an e-reader?

@Canucklehead_ca: Good luck with that e-reader at a book signing! (See also: in direct sunlight.)

@BrianBlatnicki: how do you borrow with e-readers?

@canadiansteph: how can you tell which books are more loved then others? My son's most loved book is torn and bent, and loved:)

Follow @metropicks and take part in our daily poll.

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Send us your comments: torontoletters@metronews.ca

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STOP HAIR LOSS

for MEN and for WOMEN

#1 SELLING IN CANADA

Hair Grow Technology's Bio-Fen® product line is continually moving forward! We are introducing our two latest versions; **Bio-Fen® Plus for Men** and **Bio-Fen® Plus for Women**. These products have been assigned Natural Product Numbers (NPN's) by Health Canada.

We recognize that both men and women experience androgenic alopecia (AGA, or male / female pattern baldness) and have made some improvements to the original formulation based on the latest science to address their specific needs. You will notice that we now have additional complementary (Health Canada Approved) health claims on each product.

How does Bio-Fen® PLUS work?

We are bringing you two new products with **double** the number of capsules and **triple** the number of health claims for men and **four times** the number of health claims for women.

As in the previous formulation, the fenugreek seed extract in both new formulas reduces excess blood lipid levels (hyperlipidemia). Fenugreek contains β-sitosterol, an active plant sterol, which has been shown to inhibit 5-alpha-reductase activity – the enzyme responsible for converting excess testosterone to *DHT* (which is the primary molecule that causes hair loss). The SDG (secoisolariciresinol diglucoside) from flax lignans in both formulas also decreases excess cholesterol - the building block of testosterone. Based on new research on the rate of metabolism of SDG in flax lignans (8-12 hours on average), the dosage in both products has been revised from once a day to twice a day for optimum results.

Twice the Strength! Twice the Power!

Bio-Fen® Plus for Men:

As before, the saw palmetto extract inhibits the enzyme 5-alpha reductase, and this action slows down the conversion of testosterone to dihydrotestosterone (or DHT) – the overabundance of which causes the miniaturization of hair follicles. This activity of the saw palmetto also helps to relieve the urinary symptoms of mild to moderate BPH for men.

The saw palmetto that originally was an extract standardized to 45% free fatty acids, esters, and sterols while the new formula is a 4:1 extract to support the BPH claim. The product still contains these molecules for hair loss, but they are now at proprietary amounts based on our research so that the competition cannot duplicate our formula.

Bio-Fen® Plus for Men will also help to:

- ***Relieve the urologic symptoms associated with mild to moderate benign prostatic hyperplasia - BPH (e.g. weak urine flow, incomplete voiding, frequent daytime and night time urination).***
- ***Reduce elevated blood lipid levels / hyperlipidemia.***

Bio-Fen® Plus for Women

The women's formula is almost the same as the men's formula. The mechanisms and results for the women formula is the same. The only difference is it contains silicon and iron instead of saw palmetto. Silicon has been shown to contribute to hair shaft strength and thus healthy hair growth. It also contains iron which helps prevent iron deficiency. A number of studies have related sub-clinical iron deficiency in women to diffuse hair loss/alopecia.

The increased amount of SDG and other revisions to the regulations allow us to make some additional health claims for *Bio-Fen® Plus for Women*.

Bio-Fen® Plus for Women will also help to:

- ***Reduce elevated blood lipid levels/hyperlipidemia***
- ***Prevent iron deficiency.***
- ***Metabolize carbohydrates, fats and proteins.***

How long must I use Bio-Fen® Plus?

Bio-Fen® Plus for Men capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or the rate of hair loss is decreased. Anyone experiencing new growth should see it within four months. In some people the original pigmentation may come back. Once you stop completely your hair growth pattern will slowly go back to the point where you started. However, some people may be able to go with a lower maintenance dose.

What is the quality of Bio-Fen® Plus for Men?

Bio-Fen® Plus for Men is manufactured in Canada according to quality assurance specifications called Good Manufacturing Practices (GMP). This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and the finished product prior to sale.

Hair Grow Technology (Bio-Fen® Plus) is a progressive company - we continually seek out the latest research on bioactive ingredients, and on regulatory updates in the natural health products industry.

See our website to locate your nearest store that carries *Bio-Fen® Plus*.

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tiff

5 festival double takes

With the sheer number of films presented at the 2013 Toronto International Film Festival, it shouldn't be too surprising that some actors are pulling double — or even triple — duty with multiple titles to promote. Here are some of our favourite big names who'll be extra busy.

NED EHRBAR
Metro World News at TIFF

Benedict Cumberbatch

The Sherlock star is becoming awfully ubiquitous, turning up in everything from Star Trek Into Darkness to The Hobbit — there are even Star Wars casting rumours — and his participation at TIFF is no different. Cumberbatch top-lines the Fifth Estate, playing Wikileaks founder Julian Assange in a not-exactly-authorized biopic, but he also turns up in outstanding ensemble pieces August: Osage County and 12 Years a Slave. We get it, Ben. You like to act.

Scarlett Johannson

The first female Avenger ditches the stunts and catsuits for two transformative roles — first as a romantic comedy-obsessed Jersey girl in Joseph Gordon-Levitt's directorial debut, Don Jon, and then as an alien living among the people of Earth in Jonathan Glazer's Under the Skin.

Daniel Radcliffe

The former boy wizard continues his quest to carve out a pigeon-hole-defying acting career with three distinct roles in three very different films: He plays beat poet Allen Ginsburg in Kill Your Darlings, a young man with some peculiar forehead growths in Horns and a friend-turned-romantic obsessive in romantic comedy The F Word with Zoe Kazan.

Daniel Bruhl

The German actor, who turned heads earlier in his career with Goodbye Lenin and Inglourious Basterds, is finally getting more international recognition thanks to a pair of high-profile, true-life TIFF titles. In Ron Howard's Rush, he's misanthropic Formula 1 driver Niki Lauda. And he teams up with our No. 1 repeat offender, Benedict Cumberbatch in the Fifth Estate as Julian Assange's colleague Daniel Domscheit-Berg.

Jake Gyllenhaal

While Gyllenhaal is already earning raves for his work opposite Hugh Jackman in Prisoners, we're much more curious to see how he fairs playing opposite … Jake Gyllenhaal. His other TIFF entry, Enemy, features Gyllenhaal pulling double duty as a man who tracks down his doppelganger after spotting him in a movie.

SCENE2

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Metro's top 10 TIFF picks

With 288 feature films screening as part of the 2013 Toronto International Film Festival, it would be physically impossible to see them all, so festival-goers need to prioritize. With that in mind, here are the films at TIFF this year that we're most excited about.

NED EHRBAR
Metro World News in Toronto

Gravity

Those who've already seen Alfonso Cuaron's terrifying deep-space saga — starring Sandra Bullock and George Clooney as astronauts set adrift — don't describe how good it was as much as they let their jaws drop and eyes bug out. Needless to say, we can't wait.

August: Osage County

The dysfunctional Broadway smash by Tracy Letts makes the jump to the big screen with an embarrassment of acting talent, bringing together Meryl Streep, Julia Roberts, Viola Davis, Benedict Cumberbatch, Ewan McGregor and Chris Cooper for the most awkward of family gatherings.

12 Years a Slave

Shame director Steve McQueen calls upon an all-star cast — including Michael Fassbender, Brad Pitt and Benedict Cumberbatch — to level unspeakable cruelty at the always wonderful Chiwetel Ejiofor in this dark, searing epic about a free African-American man sold into slavery in the pre-Civil War in the U.S.

Kill Your Darlings

John Krokidas presents the beat generation at its inception — and the murder that nearly derailed the literary movement. Daniel Radcliffe, Jack Huston and Ben Foster give bravura performances as Allen Ginsburg, Jack Kerouac and William S. Burroughs, respectively, alongside scene-stealer Dane DeHaan as troublemaker Lucien Carr.

Mandela: Long Walk to Freedom

Idris Elba takes on the South African leader's biography in this prestige pick that should finally confirm for mainstream movie audiences what fans of the Wire and Luther have known for years, that Elba is a force of nature. Plus, Bond's new Moneypenny, Naomie Harris, co-stars as Winnie Mandela.

Dallas Buyers' Club

Matthew McConaughey littered 2012 with some eclectic and engaging performances — in the likes of Magic Mike, Killer Joe and Bernie — but all of that was a mere prelude to this easy awards contender, in which he plays a 1980s AIDS patient trying to work around the U.S. health-care system.

You Are Here

Mad Men mastermind Matthew Weiner makes his feature directorial debut with this road movie featuring Owen Wilson and Zach Galifiniakis as life-long friends beckoned back to their home town by an inheritance from one of the men's estranged father.

Prisoners

The script for this dramatic thriller made the Black List in 2009, but the film itself got held up on its way to audiences. Apparently it was worth the wait, as early responses to the film, starring Hugh Jackman and Jake Gyllenhaal, have been rapturous.

The Double

Richard Ayoade, who last directed the charming British indie Submarine, offers up this bizarre feature starring Jesse Eisenberg as a man driven insane by the appearance of his doppelganger. To say that Ayoade has our curiosity piqued is putting it mildly.

Blue is the Warmest Color

The Cannes champion — about two young women in love — finally makes its way to North America, where audiences should be just as easily won over by the lived-in performances by young stars Lea Seydoux and Adele Exarchopoulos.

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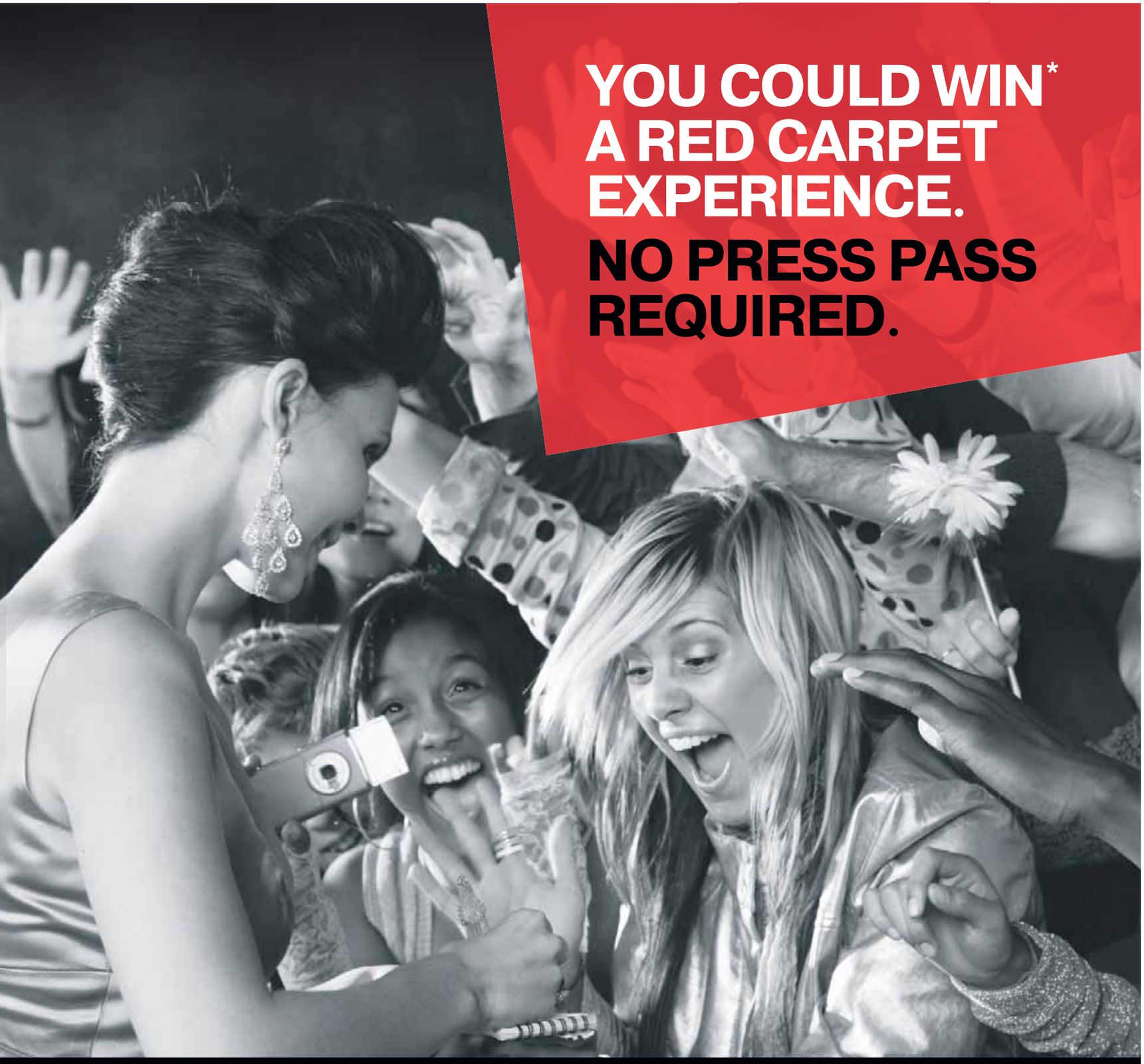

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Dobber@TIFF: Putting it on at the Ritz

ANDREW JOHN VIRTUE DOBSON
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ANDREW JOHN VIRTUE DOBSON

Online

Andrew John Virtue Dobson is a Toronto-based personality with a penchant for the city's top art, theatre, restaurant, bar and nightlife experiences. All during TIFF he will give Metro readers special access to the city's celebrity-laden hotels, bars and restaurants.

- **Visit.** metronews.ca/tiff daily to follow along as Andrew journeys through the world of film festival events. You can also watch as he guides us through the Ritz Carlton's Signature Suite.
- **Tomorrow.** Andrew will be tweeting from the opening night party at the Ritz Carlton, visiting a number of gifting lounges and attending the Blue is the Warmest Colour party at The Thompson.

TIFF glamour never skips a beat when you're Putting On the Ritz! Toronto's Ritz-Carlton Hotel is perfectly situated for a close encounter with A-listers. Enjoy a sip and nibble on their wee front patio and watch the who's who whisk their way through the revolving door. Wink at the doorman, raise your glass on Wellington and indulge in the very best "behind the scenes" view of Roy Thompson Hall, home to the festival's gala premiers.

Room details

This 2,415-square-foot suite features a king-sized bed, wood flooring with area rugs, rich African anigre wood millwork, floor-to-ceiling windows, a dining room with adjacent pantry and full service kitchen, relaxing work study, fitness area, 42-inch LCD flat panel HDTV, handcrafted 400 thread count Frette bed linen, Bose 3.2.1 entertainment surround system, walk-in closet, expansive luxury bathroom with standalone soaker tub and Portuguese Estremoz marble and heated stone floors.

Dining

Chef Gihen Zitouni at Toca offers guests a culinary journey through Toronto's ethnically diverse neighbourhoods with a "back to basics" approach to her menu. The stunning second floor restaurant features two marvellous glassed in rooms showcasing their fromage and vino collections. The winner here is a melt in your mouth Suckling Pig Terrine ($32) accompanied by a creamy green pea purée, smoked butter potatoes and local cherries.

Bar

Fancy a cocktail? Guests have the opportunity to sip in two posh spaces: The Ritz Bar at the front of the hotel is a perfect spot to sit on a stool and chit chat while DEQ out back offers a spacious lounge where comfy couches offer a perfect vantage point to suss out the crowd. A perfect late summer signature can be found in the bartender's mint muddled Classic Mojito ($15).

TIFF/Celebrity hook

The Ritz hosted Hello! Canada's 2012 TIFF party, where celebrities like Ed Burns, Adrian Grenier, Chantale Kreviazuk and tennis star Milos Raonic partied.

Recommendation

There is no better way to treat yourself then by slowly sipping and nibbling your afternoon away at DEQ Lounge for The Ritz Blush Tea ($55 per person). This classic High Tea service features a sparkling glass of Henry of Pelham Cuvée Catharine Rose Brut produced in St. Catharines, Ont. A perfect way to toast to local luxuries.

Spotlight on skin

Taking in a Midnight Madness film or three? A glowing complexion is easy to fake the next morning with these quick fixes

EMMA YARDLEY, THEKIT.CA

Keira Knightley
GETTY IMAGES

Let's be honest: When attending TIFF, watching the films is only half the allure. The real fun begins after the curtains close and the audience weaves its way into star-studded premiere parties. But staying up too late on a "school night" can take its toll on your skin, leaving your face feeling anything but fresh. Here are some genius take-home tips, procedures and products for waking up tired skin.

FOR TIFF RED CARPET STYLE AND EASY IDEAS FOR LOOKING GREAT EVERY DAY, READ THEKIT.CA

Exfoliate

Dana Vjestica, an esthetician at the Stillwater Spa in Yorkville where the festival's after-parties go down, recommends using a fine exfoliator, which removes dead skin cells and provides a fresh glow. This ultra-gentle scrub from Karin Herzog ($46, karinherzogcanada.com) is formulated with ground marble.

Massage

Work your pointer and middle fingers in small circles around eyes and nose, and along the forehead and jawline. "This wakes up the skin by increasing circulation and is something that we can easily do ourselves at home," says Vjestica.

Add collagen

"Collagen acts like a cushion and also improves the skin's elasticity," says Vjestica. Babor Derma Cellular Hyaluronic Collagen Booster ($140, Stillwater Spa Boutique, babor.com) lifts the skin from the inside out.

Cover it up

An SPF-laden CC cream and a bold lipstick wouldn't hurt either. Sometimes distraction is the best tactic. CoverFX CC Cream Time Released Tinted Treatment, $45, sephora.com. CoverGirl LipPerfection, $11, at mass retailers.

Ralph Fiennes directs and stars in The Invisible Woman opposite Felicity Jones. CONTRIBUTED

Great Expectations for Ralph Fiennes

The Invisible Woman. Actor and director has become a bit of a Charles Dickens expert over the last few years

NED EHRBAR
Metro World News in Hollywood

Ralph Fiennes returns to TIFF with his second directorial effort, The Invisible Woman, about a young actress and the object of Charles Dickens' affections. Fiennes also co-stars as Dickens alongside Felicity Jones as the titular woman. And Fiennes admits he's becoming something of an expert in the author.

You play Charles Dickens in this, but it's not really about Dickens.
It's based on a book called The Invisible Woman, a biography about Ellen Turner, the young actress that Dickens fell in love with. I was ignorant of this book but I was sent an early draft of the screenplay based on it by Abbie Morgan, who wrote Shame. I read the book, which is a fantastic exploration of actresses in Victorian society. Dickens was a key figure, but it's really the story of Ellen Turner and her family. It's a look at Ellen Turner and what it is to have had in your past this intimacy with a great, famous man — but a man, and a man in a particular position in society. The rules of the relationship and engagement with the opposite sex all came back to marriage, so anything outside of that was unacceptable. So how you negotiate that — affairs of the heart and desire — so that's what it's about.

You were in Toronto last year for your acting work in Great Expectations, which you followed with The Invisible Woman. That's a lot of Dickens.
That's true, I was working on Great Expectations when I was also working on The Invisible Woman. I had this sort of two-year immersion in Dickens. Up until that point I was pretty ignorant about Dickens, but now I'm a fan. I just think the humour in his observations is brilliant.

What sticks out about Dickens from your research?
I think Dickens was fascinated by social ambition. It features in quite a few of his books, this need to get on, to have money, to be a gentleman. England is still saddled with underlying, stupid class things, but back then I think those divisions were very, very embedded in a way that's hard for us to comprehend, that to achieve social advancement was an extremely real and important thing. There wasn't that sort of counter-thinking, whereas now everyone's bending over backwards not to be seen to be wanting to get on. They do all kinds of odd reverse actions if they're ambitious to pretend they're not, if they're successful to pretend they're not. But I think in that time it was about, "I am a man of substance or a woman of substance," and there was no shame in that. Dickens himself worked his way up through his writing, but I get the sense that Dickens was very aware of where he'd come from.

Midnight Madness

Get your freak on

Not everything screening at TIFF is aiming for an Awards Season battle. For folks hungry for some, shall we say, meatier entertainment, here are some choice cuts from the fest's Midnight Madness slate.

Oculus: Director Mike Flanagan injects some bloody scares into the haunted house genre with this story of siblings (Brenton Thwaites and Doctor Who star Karen Gillan) confronting the cursed mirror that ruined their childhoods.

Rigor Mortis: Hong Kong pop star and actor Juno Mak makes his directorial debut with this bizarre and clever import full of sadistic slapstick.

All Cheerleaders Must Die: This archly funny tale of high school horror from co-directors Lucky McKee and Chris Sivertson throws some supernatural terror at the Mean Girls set.

NED EHRBAR/METRO

See the faves. And the Oscar for best fest goes to...

The roads taken to the Academy Awards are many, but they usually run through Toronto.

Every best picture winner since 2007 has played at the Toronto International Film Festival, from No Country for Old Men to last year's winner, Argo. While other late summer festivals like Telluride can claim to have been first with many Oscar winners, Toronto is the largest, most expansive launch pad of the fall movie-going season.

This year's festival, a 10-day affair beginning Thursday with the premiere of the WikiLeaks drama The Fifth Estate, with Benedict Cumberbatch as Julian Assange, promises to be no different. There are 146 feature films making their world premiere, including the highly anticipated adaptation of Tracy Letts' Pulitzer Prize-winning play August: Osage County, with Meryl Streep and Julia Roberts; Dallas Buyers Club, with Matthew McConaughey as an industrious Texan diagnosed in the '80s with HIV; the kidnapping drama Prisoners, with Hugh Jackman and Jake Gyllenhaal; and Scarlett Johansson and Joseph Gordon-Levitt in Don Jon. THE ASSOCIATED PRESS

Joseph Gordon-Levitt in Don Jon. CONTRIBUTED

Telluride-Venice-Toronto

Many films that have just recently screened at Telluride or Venice will also come to Toronto, including Alfonso Cuaron's space odyssey Gravity, with Sandra Bullock and George Clooney; Steve McQueen's slavery epic Twelve Years a Slave; and Jason Reitman's Labor Day, a drama about a mother's (Kate Winslet) run-in with an escaped convict (Josh Brolin).

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Living in a cave in Tennessee brought some clarity to Haze

Child of God.
Actor lived like a hermit to get into character for James Franco film

NED EHRBAR
Metro World News in Hollywood

Dallas native Scott Haze has been pals with James Franco for quite a while — and even played a role in Franco's adaptation of William Faulkner's As I Lay Dying. But they reach a new level of collaboration with Child of God, based on Cormac McCarthy's novel, in which Haze stars. To prepare for the role, Haze moved to Tennessee, shunned society and lived in a cave for some time. He was far more social when we caught up with him by phone for his first-ever interview.

The work you did for this role — "intense" is putting it mildly.
Moving to Tennessee was a drastic thing, but I thought it was necessary to actually fully grasp what it would mean, to bring truthfulness to this character. The place in Tennessee that I moved to was in the middle of nowhere, actually where Cormac wrote the novel, so I wanted to go there to get it as authentic as possible. You know, being alone for that amount of time did something to me.

That's a luxury, getting to spend that much time preparing for a role.
Yeah, you normally don't get that much time. I knew that this was a passion project for James, and it's not every day an actor gets a role like that — because they're just not written. It's challenging, it has all the elements that you look for as an actor, that you can really sink your teeth into. Some roles you don't need to do that for, you don't need to move to Tennessee and sleep in caves, isolate yourself.

How is it for you taking this film to Toronto?
This movie is a special film in terms of how… how do I put it? For the attention that this movie is gaining; it makes me extremely excited because of how raw it is. I feel like it's a throwback to movies like Taxi Driver and movies where it's just storytelling. You don't have product placement in movies like this, so to go to Toronto with Child of God is an incredible, incredible thing to do. I feel extremely blessed that this is the first movie I'm bringing there, because by far it's been my most enjoyable experience doing a movie.

You and James have adapted both Cormac McCarthy and William Faulkner. How do they compare as source material?
If you look at literature in terms of who really captured the south, the grandmaster, I believe, is Faulkner. These stories that Faulkner wrote really strip down the truth of what that time was like, and if you look at Cormac's work, Cormac is a lot like Faulkner in the sense of there's not a lot of stuff that isn't necessary. It's really raw, it's really honest, it's really truthful.

And you and James are making The Sound and the Fury by Faulkner next.
It's going to be a blast. We're so excited to go tell that story. It doesn't get much better than that for myself as an actor to be involved in one of the greatest novels written, in my opinion.

Scott Haze stars in Child of God. CONTRIBUTED

Find out where Hugh is getting his nails trimmed.

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Rizzle Kicks are out to shake you up

Interview. The cheeky Brighton boys tell Metro they want to get you out and partying to their latest album, Roaring 20s

RICHARD PECKETT
Metro World News

On stage, Rizzle Kicks — Jordan Stephens and Harley Alexander-Sule — are like kids hopped up on far too many E numbers. They're in your face — Stephens especially. He refers to himself as a "liability."

But it's their party boy stage personas that produce the mischievous-looking duo's infectious summer anthems. After all, who hasn't got down to their hit track Down With The Trumpets?

The 21-year-olds' next album release, Roaring 20s — which was released on Sept. 2 — runs in a similar but ballsier vein, with catchy tongue-in-cheek tracks like That's Classic. Oh and Harry Potter (that's you, Radcliffe), be warned: you're in for a dissing.

You've got over a million followers on Twitter. Do you get any indecent proposals from groupies?
Dude, some girls on Twitter say the dodgiest sh—, yeah — and they literally look like they're about 14 or something.

Do you reply?
No, it's as shocking as hell. Those things are scary. It's an absolute minefield. Sometimes I find myself scared by the prospect of me pressing send and just like providing a million people with information that I may or may not agree with in five minutes.

What would you do if the label dropped you?
That's the one thing that I'm very comfortable with. I know that me and Harley are really talented individually. If I turn around tomorrow and release the second album and everyone's like, "Sorry, mate, you're over" and the label dropped us, I've got some other sh— I can do, man. I could pursue my love for directing, TV writing.

In the song Lost Generation you say that you're a slut, so how many girls have you slept with?
That comment was not meant to be honed in on me — it's about sexism. The punch line in that was actually, "But I'm a boy, it's all good." The only thing that we can conclude from that statement is that if a girl had slept with as many people as I've slept with, they may be considered a slut.

Do you share everything, you and Harley?
Yeah (laughs). … Are you asking if we share women?

Noooo.

Do you two ever fall out? What are your roles in the duo?
No, it's a very calm relationship. I spend 70 per cent of my working life trying to antagonize Harley on the basis that he doesn't get wound up. He's so tranquil and like, chilled. He doesn't rise to me at all — that's why we kind of work.

Rizzle Kicks, Jordan Stephens and Harley Alexander-Sule, are out to rattle you and get your party going. CONTRIBUTED

One more question

Have you considered taking your music to a darker place?

- **Quote.** "There are a couple of songs that didn't make the album which are dark. There's a song called Lunatic on there that's quite dark and I remember playing it to the label and they were taken aback by it – not that I give a sh—. I think we'll gradually get darker as we mature."

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Peel off your clothes, it's AlunaGeorge!

Debut album. Aluna Francis gives Metro the lowdown on her romantic flops and an insight into her working relationship with George Reid

RICHARD PECKETT
Metro World News

Aluna Francis and George Reid of AlunaGeorge. GETTY IMAGE

In a music industry rife with commercial mush, it can be to tough to forge an identity — but AlunaGeorge have done just that with their signature sound. It's a harmonious union of George Reid's catchy hooks and intros and Aluna Francis's slinky, rasping lyricism. It's seductive and distinctly London. The duo is right on tune with what's pulsing out of the UK's airwaves, along with young peers like Disclosure, MS MR, Jessie Ware and Charli XCX.

The 24-year-olds are indeed the darlings of electropop and their twice-delayed debut album only dropped at the end of July. Metro chatted to Francis, the duo's vocal half, about making music both in and for the bedroom.

It's been a whirlwind year for you two with all the excitement surrounding Body Music, but do you think you've lived up to the hype?
Well, we knew we couldn't play to the hype because the hype is its own thing, so the only thing we had to do was create the album we wanted to create and we did that.

Is the girl-boy electropop format popular because it's so accessible?
Yeah, yeah I think so. It could be the birth of the home studio and I like the process of the production being intrinsic to the song writing process because I find sound and rhythm as a foundational aspect to a track are equal to the melody and the lyrics.

Why is it that the boys are usually parked up behind the technical equipment, while the girl takes the showcase vocals role?
Boys and their toys, I guess. There's still a kind of a different appeal to boys and girls from a social standpoint because that side of music has often been saturated by guys — and things don't change that quickly. I don't know a lot of girls who have picked up being able to produce music in their bedroom. I certainly did have an attempt to do it but, hmm, my talents lie elsewhere.

Your album is called Body Music. In an ideal world what should the guys and girls be wearing to dance to your beats?
I think you should have a few layers on so that you can peel them off one at a time.

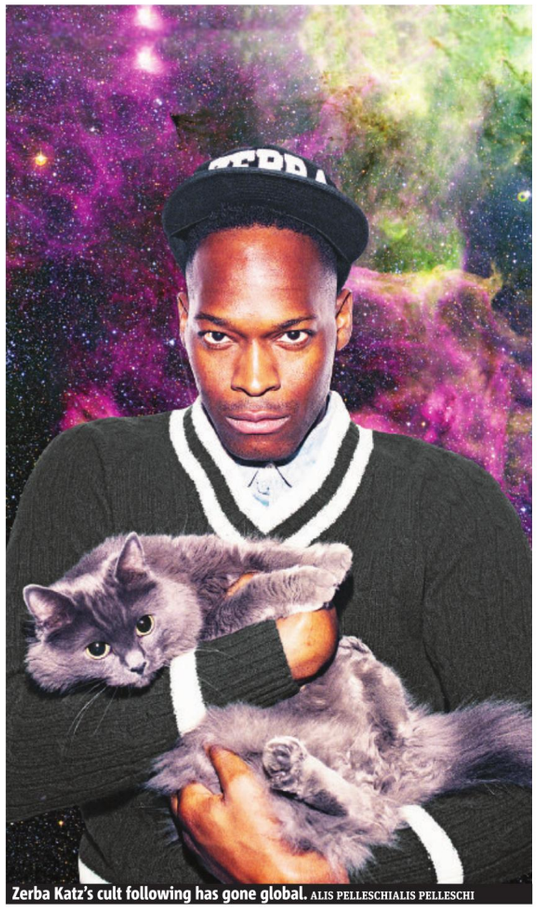
Has anyone tried to serenade you in the past? What's your cheesiest dating tale?
Oh god, yeah, my first boyfriend (laughs). I've got like a vague recollection of standing there, like, "Aww," cringingly trying to be positive and feel like it's nice that someone has written you songs but at the same time going, "I really wish you hadn't."

Thanks for the tips. In the past, your working relationship has been termed a "musical fling." Have you ever been tempted to make more than just music in the bedroom with George?
I've never mixed business with pleasure. I think they're too completely and utterly incompatible experiences. I remember in one of my old bands, we got a new drummer and he drove me home and I don't know what he said but it was obvious that he had the hots for me and I was like, "Mate, that is totally inappropriate and I'm afraid we can't work together any more."

Of ‘vintage blipster couture’ and sexuality

Zebra Katz. Metro unmasks the Grace Jones-esque, gimp mask-wearing performer

RICHARD PECKETT
Metro World News in London


Zerba Katz’s cult following has gone global. ALIS PELLESCHIALIS PELLESCHI

Zebra Katz is the man behind that menacingly intoxicating track Ima Read.

Before his song made its way onto last year’s Rick Owens runway and into the charts, the 26-year-old was an underground New York hip-hop artist.

Now, the Brooklyn-born gay rapper’s cult following has gone global, with drone-like fans mimicking the slow pulsing, voguing-perfect repetition of lyrics.

He’s something of a phenomenon. Even Busta Rhymes got involved on Katz’s mixtape DRKLNG — and Ima Read has been remixed close to 100 times.

The track’s evolving and so is the sound and style of Katz — real name Ojay Morgan — with one-of-a-kind stage performances and a penchant for some pretty out-there ensembles.

You have a theatrical, cabaret-esque stage presence. How would you describe your personal style?
I call it “vintage blipster couture.” I get a lot of high-end stuff and one-of-a-kind pieces, which I mix with shades from the dollar store. Also, I’ve been into trading pieces with people on tour.

Your mother used to sew. Did she influence your love of fashion?
Yes. I let her dress me for a really long time until I got to, like, high school.

Did you customize clothes from an early age?
At high school, I was selling customized, bedazzled bandanas and I would make crazy costumes for high school teams. I’d even cut jeans up and make them into bags because that was really big at the time.

You quit your catering job the day that Rick Owens played Ima Read at his runway show. Is music paying the bills?
Hmm, I’m getting there. I’m also working with Premier Model Management on collaborations and doing “flower events.”

Zebra Katz gives the crowd the silent treatment. GETTY IMAGES

You’re one of only a few openly gay rappers. Does your sexuality influence your lyrics?
Most people think that I’m sexually quite ambiguous, so I don’t think it’s an influence.

How do you feel about being pigeonholed with the term “queer rap?”
I think if people base their opinions on a title like “queer rap,” listeners aren’t understanding what I’m about. I don’t think that music categorization should be based on sexual identity because it doesn’t help define the artist.

What title do you prefer?
I think Black Arts Movement or Renaissance would be better suited — and that’s not me being egotistical.

You don a gimp mask on stage. Where did you pick it up?
It was buried away in a vintage store in San Francisco. The mask’s become a ritual for my performance. I lost it twice and I left it in Moscow with a bunch of models who did some things to it.

What kind of things?
It definitely made its way around some body parts. Put it this way, it needed a wash.

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The Toronto Urban Film Festival runs through Sept. 16. CONTRIBUTED

Often used in business, an elevator pitch is a quick summation of an idea or concept meant to capture someone's interest in the same time it takes to ride an elevator.

The Toronto Urban Film Festival (TUFF) takes this concept to its logical conclusion, making that abridged pitch the main event. TUFF screens silent, one-minute clips on the Pattison OneStop video screens in TTC stations across the city. "It's an incredible festival," says Midi Onodera who has participated in each of the fest's seven years.

So, how do you grab someone's attention on a hectic subway platform? "The subway environment is incredibly busy," says Onodera. "The Movie that you create needs to work within that framework."

Stan Krzyzanowski agrees. He's had six of his time-lapse video clips screened at TUFF.

"It can't be too subtle, it can't be too slow, it can't have a lot of text," he says.

"People are busy, they're waiting for a train. I would need to see something that's moving in a really dynamic and interesting way to capture my attention.

"It's difficult to find the perfect visual movement and context for the situation."

Adding to the distractions are the screens themselves; TUFF films share space with a news-crawl, weather and advertisements.

Rather than trying to blend in, Onodera's 2013 entry stands in stark contrast to this cluttered digital mess. Titled Grief without Fantasy, it features a subway train slowly moving towards the foreground of the scene, while lines from a Ronna Bloom poem flash on the screen. "A poem is very unusual to happen in a subway environment," she says.

So is a narrative story. Krzyzanowski says TUFF isn't the place to tell complex stories. "You're just grabbing someone and taking them for a ride. You try to make it an easy ride, but an interesting one as well."

Toronto Urban Film Festival runs Friday through Sept. 16. You can find more information at torontourbanfilmfestival.com.

The origin: Star Wars like you've never seen it before

The Star Wars. Before the wildly popular movie there was Lucas' rough draft and now it's coming to life in comic form

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Star Wars, the 1977 film? Not quite.

Try The Star Wars, the 1974 rough draft by George Lucas that, ultimately, turned into the wildly popular and still culturally resonant film.

Dark Horse Comics is bringing the original script to life as an eight-issue miniseries — with Lucas' blessing — giving fans a different take on Darth Vader (no helmet), Luke Skywalker (he's older and a general), Princess Leia, Han Solo (he's green), C-3PO and R2-D2 along with new ones like Anikinn Starkiller and his father, Kane.

Series writer J.W. Rinzler, an executive editor at LucasBooks, called the series a "once in a lifetime project" and the chance to tell the first story in the Star Wars pantheon.

"This is not something you could film," Rinzler said of the original script and his adaptation of it. "Here's a giant city and then here's a giant vista filled with huge spacecraft. (Lucas) was doing his blue sky version of what he wanted to do. He knew this was not going to be filmable."

The story has similarities to Star Wars, but the differences throughout The Star Wars are plentiful and noticeable, Rinzler said, and readers will notice many of them as they explore each page, some big, some small.

THE ASSOCIATED PRESS

The Star Wars comic cover. AP PHOTO/DARK HORSE COMICS

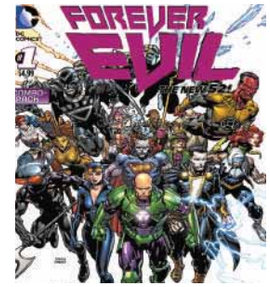
Forever Evil. New DC Comic sees evil take hold and a surprise hero emerge

There are always bad guys in comic books — rogues and evil geniuses out for world domination. In DC Comics' slate of New 52 titles there's about to be nothing but villains as the universe finds itself under assault and protected by an unlikely hero: Lex Luthor.

Writer Geoff Johns said the opening pages of Forever Evil this week promise to upend readers of DC Entertainment's comics as the crossover ripples throughout the publisher's titles and turns "inside out," the nature of DC Comics' longstanding characters, both good and bad.

"The Justice League is gone and the Crime Syndicate is here. You have all the villains in new roles, and the world has been really altered. The strongest team in the world isn't what you'd expect — it's a team of villains," he said of the baddies from an alternate Earth.

It's also a chance for Luthor, who throughout DC's long history has been cold, calculating and devious — everything diabolical to Superman's inherent good. In the upcoming series, and the crossovers, he takes on the role of hero.



"Our tagline for the story is 'Evil is relative.' One of the most important characters is Lex Luthor, who decides someone has to stand up to these villains and stop them," Johns said. "And he's the one. He knew this day would come, he knew the people with powers flying around would need to be stopped and he's the one that has to do it."

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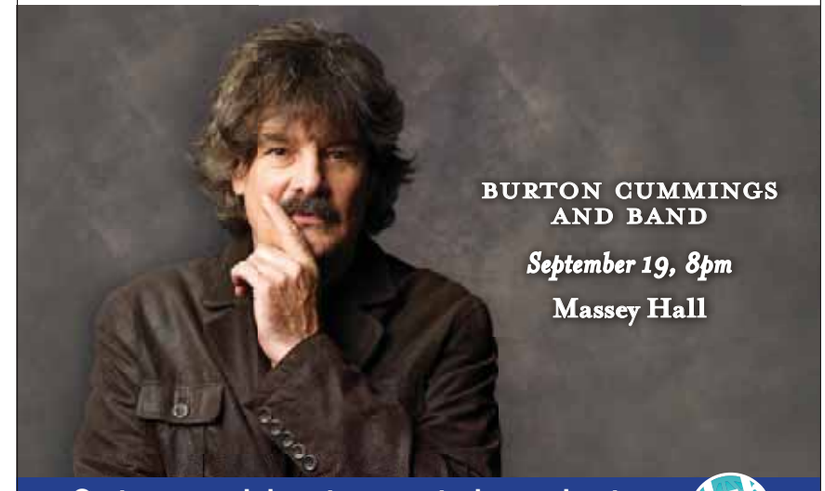

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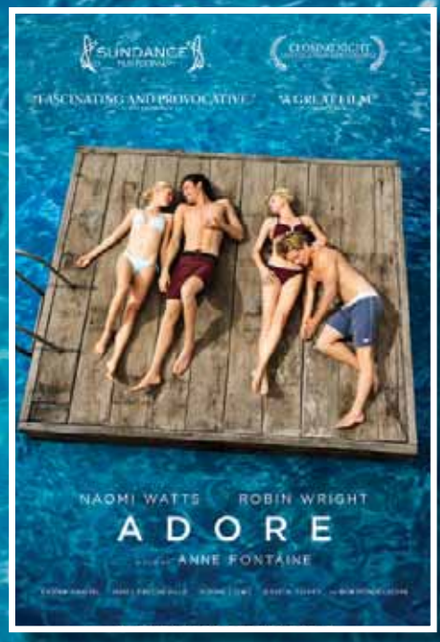

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Multi-faceted Duplass in League of his own

Q&A. Director, actor and self-confessed workaholic talks about the beauty of Pete and staying close to the cast

MATT PRIGGE
Metro World News in NYC

To some, Mark Duplass is a filmmaker specializing in small dramedies like The Puffy Chair, Cyrus and Jeff, Who Lives at Home. To others, he's an actor who plays soulful slacker types in Humpday, Your Sister's Sister and Safety Not Guaranteed. But to most, arguably, he's Pete, the horrifically dude-ish fantasy football addict on The League.

Though the FX show enters its fifth season, Duplass says his character hasn't changed much — which is good.

How do you feel Pete has evolved over the seasons?
Here's the greatest thing about Pete and this show: Pete does not grow up. Every man-child movie or anything you watch, over the course of 90 minutes they learn their lessons and become good people. Pete's kind of a terrible human being. He's super shallow. He's very into fantasy football because he doesn't have very much else going on in his life. He really doesn't change — which I kind of love.

Do you think he'll ever change?
I think Pete's got a shot at beginning self-awareness around 75. But I wouldn't bet on it.

Are there any stray similarities between you and Pete?
No, I'm so different from him. He has this confidence — even if he doesn't work hard, he knows he's going to be fine in the world. I'm deathly afraid of failure and am pretty neurotic and I'm a workaholic because of that. If I don't create projects for myself, nothing will happen.

The cast is mainly comic actors, whereas you and your wife Katie Aselton come from movies.
The films that we've done are dramedies, so we have an appreciation for comedy. You just have to take ego out of it, and make sure you're not trying to be the funniest one in the scene all the time. You're just trying to make the funniest scene you can. And sometimes that's setting somebody else up.

How do you maintain the group rapport, especially with gaps in seasons?
We're all very close friends. Steve (Rannazzisi) just moved back to New York. But the rest of the cast, we all live within two miles of each other. We use Katie's pool as a place where we hang out a lot. We're buds; we just kind of lucked out on this one.

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Many people think that the rate differences can't really be that much, and that there is no point wasting time shopping around. The truth is that rates between insurance companies can vary greatly. You could actually save hundreds of dollars every year by shopping around.

Anyone Can Save

Don't think that just because you have a ticket or an accident on your record you have no hope of getting a great rate. Especially if you are facing rate hikes due to a ticket or accident, you should get some comparison quotes to see if there's a better rate for you.

Every insurance company looks at tickets and accidents differently; some won't charge you as much for that ticket, so take the time to shop around.

How Often Should You Compare Rates?

You can check rates as often as you like, but once a year is a good habit to get into. Most people choose to shop around on renewal to make a smooth transition, but there is no real reason to wait. You can shop around any time.

It's especially important to shop around when you have a ticket or an accident coming off your record. You could qualify for much better rates with your driving record clean, and you will find a lot of companies ready to offer you a great deal. Buying a new car or moving are also good times to do some rate comparisons; these changes could mean increases on your current policy that you could avoid by shopping around.

"It's a good price, and it's very easy to do it." – Jose, InsuranceHotline.com customer

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Mark Duplass lazing around on The League. HANDOUT

As an actor, what are the challenges of doing TV versus film and hanging onto the same character?

The League is a bit like summer camp. I get to show up and just be an actor and improvise and have fun. And then I walk away. We're not really arcing these characters long-term. We're watching them in their stasis — we're watching their eternal state of man-childishness. The real challenge is trying to stay creatively relevant and stay creatively inspired. The thing that helps us the most with The League is it's an improvised show. We work from outlines, so you can never get to that lazy space where you just memorize your lines and spit them out. You always have to be on your feet; you always have to be paying attention because you never know what's going to happen. It keeps you vital.

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Keeping mum, finding sympathy for the devil

Lydia. Breaking Bad star Laura Fraser on making a "demented," corporate drug trafficker sympathetic and the pain of staying tight-lipped

NED EHRBAR
Metro World News in Hollywood

Scottish actress Laura Fraser is eager for Breaking Bad fans to finally see the end of the series, which has its finale Sept. 29 — mostly because she's getting tired of keeping her mouth shut about how the whole thing ends.

How much did you know about how things would play out as you were filming the final episodes?
I got to read all the episodes for this season, but while we were shooting them I had no idea. I got the scripts just a few days before, maybe sometimes a week before we shot them. I feel kind of smug right now because I know how it ends.

How much are you allowed to say about it, speaking as obliquely as possible?
Well, it's terrible. It's very hard to do interviews about the show. It's such a secret that you reveal anything under penalty of death. The person the most upset probably wouldn't be the producer of Breaking Bad, it would be the person you told. So I've just been using, you know, metaphors and being very, very vague.

How was it coming into the show so late into its run?
It was very strange, and it still remains quite surreal for me because I came in only last spring. They all already knew each other so well; they were family, the cast and the crew. The series had been going five years at that point. It was kind of like being the new kid at school — and also like gate-crashing an amazing party that's in full swing. You feel lucky to be there but you're not sure that you fit in. But everybody made me feel really welcome.

Laura Fraser plays Lydia in Breaking Bad. GETTY IMAGE

You always play Lydia with the sense of constant clenched fear.
Yeah, she's a demented character. I mean, I didn't know how demented she was in the beginning. She seems to vibrate at a very high-pitched frequency. She's constantly in fight-or-flight mode, you know? I feel like she's gone from being rather cold to completely glacial. She's almost like a little Nazi in these last episodes. She keeps surprising me. She still comes from such a place of fear, but this greed she has is really trumping her fear, and she's always got this keen sense of something horrendous might be about to happen. Or she might just implode or crumble into a thousand pieces or something.

The show is so good at making the audience sympathize with people who do horrible things for a living.
Yeah, they're good at that, aren't they? Even with Lydia, you got sympathetic in her first episode, that she didn't beg for her life when Mike put the gun to her head — she had this more interesting response that tells you a lot about her character and that she would fight for her daughter.

But other than that I wouldn't say that Lydia's a very sympathetic character, really.

Well, I've always found her sympathetic.
Really? Interesting.

What do you have planned now that the show has come to an end?
I don't know, I'm totally slacking. I'm over in Scotland right now visiting friends and family and hanging out. I have a couple of films coming out, but I'm not working right now. Yeah, I need to get a job, you've reminded me.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Miley Cyrus. ALL PHOTOS GETTY IMAGES

Miley's motto: Don't think, just twerk

Miley Cyrus finally spoke out about her much-debated MTV Video Music Awards performance with Robin Thicke.

"I don't pay attention to the negative because I've seen this play out so many times," she tells MTV.com. "Madonna's done it. Britney's done it. Every VMA performance, that's what you're looking for. You're wanting to make history."

That being said, even Cyrus is surprised by how much discussion her twerking has prompted.

"People are still talking about it. They're overthinking it," she says. "You're thinking about it more than I thought about it when I did it. Like, I didn't even think about it because that's just me!"

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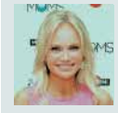
@TomArnold
Is my baby crying in spite of my wife's singing or because of it?



@KChenoweth
Trust me, you can dance. -Wine

@SethMacFarlane
Chilling thought: With all the billions of people on Earth, the odds are very high that right now, someone is watching "Fred Claus."

The Word

There is No Doubt that Stefani is pregnant

MELINDA TAUB
Metro World News

Gwen Stefani, who never seems to age in spirit or looks, is proving her youthfulness yet again by getting pregnant at 43.

In Touch reports that the singer and husband Gavin Rossdale are expecting their third fabulously dressed offspring sometime soon.

A "source" tells the mag the two "couldn't be happier." If true, baby number three joins brothers Kingston, 7, and Zuma, 4.

Last year, the singer told Marie Claire that she and Rossdale tried for a third but it didn't happen.

"I really, really, really wanted one about two years ago," Stefani said.

"And it didn't really work out. So… I feel good with what we've got. Everything works out how it should. You can't plan anything, right? You can try."

Simon Cowell

Those finger paintings are truly disappointing

Simon Cowell is going to be just fine as a father once girlfriend Laura Silverman gives birth, thank you very much.

"Once I got used to (becoming a father) I did get excited. I think I will be a good dad, so I'm excited," he tells the BBC. "I am good with kids because I like kids. I really do like them and I listen to them."

But that doesn't mean Cowell plans to change any diapers.

"I'm not doing that, 100 per cent absolutely not going near that," he insists.

Calvin Klein

Sorry Beckham, we need someone less famous

To hear Calvin Klein tell it, he couldn't use David Beckham in a series of underwear ads in the U.K. recently because the soccer star was too famous.

"They said, 'You can have him for the rest of the world, but you can't have the U.K. because he's too popular,'" Klein explains to Marc Jacobs in a chat for Interview magazine.

Klein ended up going with retired Swedish soccer star Freddie Ljungberg instead.

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In the tents or on the town

The prospect of sidling up to Lincoln Center in New York or a cocktail party in Soho wearing your most well-worn clothes may not seem like the best idea. But help is at hand, because as these styling tips we've collected from our street style galleries prove, you don't need an endless designer wardrobe to compete during fashion month.

METRO WORLD NEWS

The Pick'n'Mix

A taxi driver once told Garance Dore that he could spot the girls working in fashion by the fact that nothing they wore matched. Pairing Breton stripes with graphic florals and a denim jacket might be unexpected in the civilian world, but in fashion the two go together like Karl Lagerfeld and Chanel. The irreverence that lies behind such a move is obvious. This tip is all about attitude, so whilst there's a fine line between experimental and, well, ugly, you'll exude confidence by daring to work it.

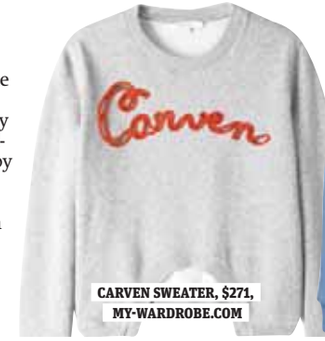
JIMMY CHOO PUMPS, $695 JIMMYCHOO.COM

ROKSANDA ILINCIC TOP, $815, NET-A-PORTER.COM

ROLAND MOURET STRETCH-DOUBLE CREPE PANTS, $905, NET-A-PORTER.COM

The Sweatshirt Effect

Ever since sports-luxe became a fashion noun, sweatshirts have slowly worked their way into the most stylish of wardrobes. Build up a go-to look by teaming a grown-up version with basic skinny jeans and a high-impact accessory such as a statement necklace or a leopard print bag.



CARVEN SWEATER, $271, MY-WARDROBE.COM

RODARTE SWEATER, BROWNSFASHION.COM, $249

MOTHER OF PEARL SWEATER, $355, NET-A-PORTER.COM

The Fashion Pop

By Milan fashion week the impracticality of those huge Balmain shoulders or bandaged JW Anderson sleeves will be hitting home and cravings for a more comfortable look will start to kick in. This fashionista occupied the middle ground at Italy's fashion week with a fashion pop — that one special item that lifts an entire look. In this case it's her unusual jacket that adds a finished twist to an otherwise laid-back ensemble.

ALEXANDER MCQUEEN BELT, $995, ALEXANDERMCQUEEN.COM

BURBERRY PRORSUM BAG, $1,395

CHARLOTTE OLYMPIA SHOES, $1,200, NET-A-PORTER.COM

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The Kit

Canadian street style

Spotted in: Toronto

Jessica

American Apparel employee

What she's wearing
Melissa shoes, Silence and Noise shorts, necklace from Urban Outfitters, L.A.M.B. bag and sunglasses from boutique in New York.

Her inspiration
"I dress based on how I feel. Today I wanted to be on vacation so I left my shirt open. I get inspiration from Anna Dello Russo, Stella McCartney and Marc Jacobs."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWSLETTER PROGRAM — AND A WEEKLY NEWSPAPER SECTION TOO!

Target practice. Winner of design award launches line for popular retailer

With Montreal Fashion Week underway, designer Melissa Nepton is doing double duty unveiling her new signature collection and a glimpse of her line for Target.

Nepton was crowned winner of the Target Emerging Designer Award during the previous edition of Montreal Fashion Week in February. In addition to winning $25,000 and a magazine spread, the local designer earned the opportunity to design a line for Target stores opening in Quebec.

Target Quebec spokesman Sebastien Bouchard said the designer drew inspiration from '60s-inspired silhouettes for the line. The 16-piece collection will range from $29.99 and $69.99 and will be carried in the retailer's 25 Quebec stores beginning on Dec. 8.

THE CANADIAN PRESS

Get a leg up on trends

Loft invites shoppers to get to know their gams

To help women find their perfect pant, Loft has partnered with style and shopping expert Theresa Quick to host personal pant fit clinics at the Eaton Centre Loft store. Theresa will provide free one-on-one fit assessments and styling sessions in-store, helping shoppers navigate the 45 options of cuts, fabrics, colours and prints fit for any style or occasion. The clinics will take place from today through Saturday from 3 p.m. to 7 p.m. METRO

One-minute miracle

Lash blast

The Falsies Big Eyes Mascara, $12. Available at mass retailers.

"Beauty junkies obsess when hunting for the perfect mascara. Those who love super-long lashes without being over-the-top should check out Maybelline New York Volum' Express The Falsies Big Eyes Mascara. Its double-ended tube features a fat brush to create dramatic and buildable length on upper lashes, and a tinier brush to define smaller lower ones."

Deborah Fulsang, TheKit.ca

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METRO WORLD NEWS

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$116, evelom.com

Sisley Moisturizer with Cucumber

$170, sisley-cosmetics.com

La Prairie Anti-Aging Eye and Lip Contour Cream

$190, selfridges.com

Shiffa Healing Balm

$107, shiffa.com

Cover FX Mattyfying Primer with Anti-Acne Treatment

$38, coverfx.com

Crème de la Mer The Hydrating Infusion

$115, creme-delamer.co.uk

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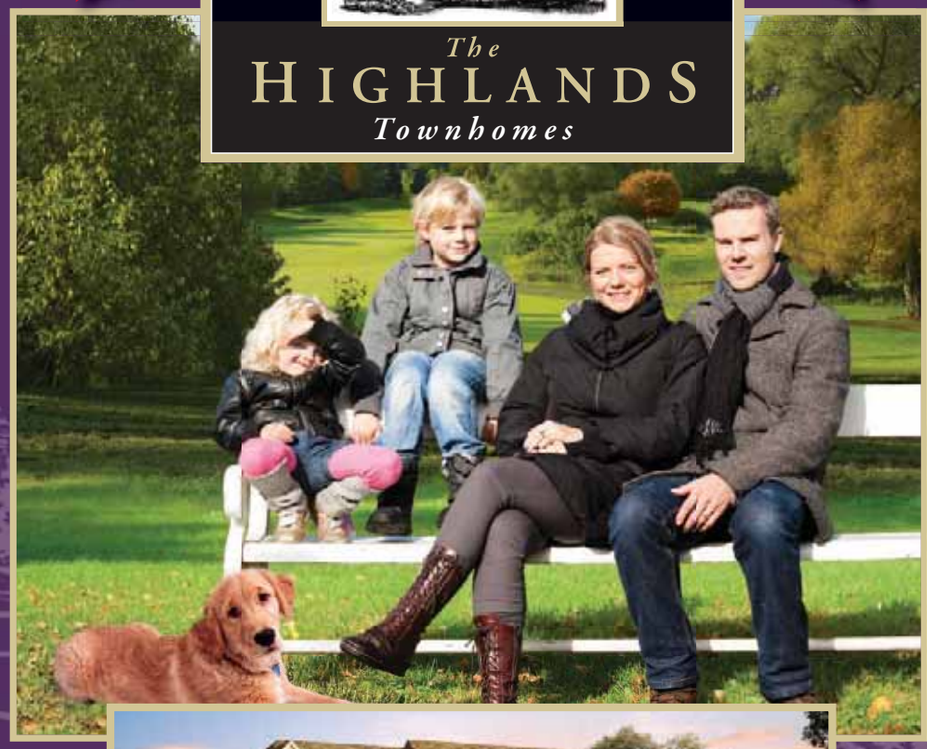

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In the heart of old Unionville

The Varley is a four-storey mid-rise consisting of 113 suites. CONTRIBUTED

Meet the condo

- **What.** Varley condominium residences
- **Builder.** Tribute Communities
- **Location.** Unionville
- **Web.** tributecommunities.com
- **Pricing.** From the 400,000s to $2 million

The project overview

In the heart of old Unionville, The Varley is truly a unique cross-culture of urban and rural. The four-storey mid-rise consists of 113 suites with layouts by Bryon Patton and Associates, most with 10-foot ceilings and designer kitchens.

Location and transit

Located near Kennedy Road, just north of Highway 7. A YRT bus stop outside your door gets you to the nearby Unionville GO rail station. Commuters have quick access to the 407 ETR highway. Be in the downtown core within the hour.

In the neighbourhood

Great community for families with lots of schools, golf courses and green spaces in the area. A wide selection of shopping and dining choices with the nearby Peachtree centre and Markville shopping centre.

Building amenities

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Rooftop Surfing

The sky is not falling on GTA skyscrapers

BRYAN TUCKEY
President and CEO of the Building Industry and Land Development Association (BILD) can be found at twitter.com/bildgta), (facebook.com/bildgta), and bildblogs.ca.

I was pleased to read a new report released last week by the Conference Board of Canada, which addresses the health of the condominium market in our country's biggest cities. The main takeaway — a crash is unlikely.

The report explains that the condominium market, particularly in the GTA, is still fuelled by considerable population growth, as well as a rising job market. Additionally, it's important to note that banks require builders and developers to produce healthy pre-sale levels prior to advancing construction financing, which keeps supply in check.

The report did warn about rising interest rates and the effect it will have on sales in 2014. The effect of mortgage rates and regulations on the market is best evidenced by the introduction of new lending rules in summer 2012. These new rules made it more difficult for homebuyers to get into the market and severely reduced consumer confidence, resulting in a dramatic decline of sales immediately following its implementation.

Just like stricter mortgage rules, higher interest rates will contribute to the declining affordability of new homes, which is a serious concern for both the industry and new home buyers.

According to RealNet Canada, BILD's official source for new home market intelligence, the average cost of a high-rise home in the GTA is $430,216 as of June 30. While condominium pricing has been relatively stable over the past year, the average selling price for a high-rise home has increased by 61 per cent since 2005.

BILD is working with our partners in government to ensure that our members can build safe, affordable, complete communities in the GTA to meet the needs of our region's growing population, which reaches up to 100,000 people each year. We need your help in spreading consumer confidence in the market and I encourage you to read the report on the Conference Board of Canada's website and share it with your friends, family and coworkers.

Let's work together on spreading the facts!

What's hot on the condo market

DUNCAN MCALLISTER

1. Etobicoke

New Release: The Nimbus A model suite at Cloud9 condos in Toronto's west end. Head over to the presentation centre at 60 Esther Lorrie Dr. in Etobicoke.

CONTACT: CALL 416-747-0199 OR VISIT CLOUD9CONDOS.CA

2. South Kingsway

Open House: Epicurean condos at 571 Prince Edward Dr. N., in South Kingsway. Two suites available for viewing. Sept. 7 to 8 from 2 to 4 p.m.

CONTACT: CALL 905-415-2710 FOR MORE INFO.

3. Exhibition

Architecture Exhibition: Young architects of Spain, opens Sept. 12 at 6:30 p.m. Head over to the Paul H. Cocker gallery in the Architecture Building at Ryerson University, 325 Church St. Visit www.arch.ryerson.ca/2013/08/yas/ for more info.

4. Yorkville

Open House: Condos at 128 Pears Ave., in Yorkville-Annex. Several suites available for viewing. Sept. 7 from 12 to 5 p.m.

CONTACT: CALL 416-489-2121 FOR MORE INFO

No basement floods, but condo owners still need insurance

CONDO TRENDS
Duncan McAllister
life@metronews.ca

More and more condo corporations are expecting their unit owners to cover a portion of a large deductible when there is a building-wide claim. TORSTAR NEWS SERVICE

With all the rain and flooding this summer in Toronto, one thing on many home owners' minds is insurance.

While it's unlikely that a high-rise would flood due to rain, there are many other things that can happen in a condo that you may not anticipate.

New research conducted by Allstate Insurance Company of Canada and Abacus Data has found that a full 61 per cent of Canadian condo owners don't know or incorrectly assume their building's insurance will cover damage to another unit from water or fire that originated in their unit.

"Insurance is not always on the top of the list of peoples' most exciting things to talk about. It's something they think about sadly, after something happens," says Saskia Matheson, spokesperson for Allstate Canada.

Condo owners and residents can better protect themselves by ensuring they have personalized insurance to suit their specific needs and Matheson advises condo buyers to ask the right questions when they purchase a condo.

"Whether you're already in a condo building or particularly if you're in a position that you're buying a condo, asking that question, what is the deductible on the condo building's insurance?"

Another good question to ask is, for your specific condo, what's a common area and what's your area? They'll cover the building and they'll cover common areas. Is the balcony yours or theirs? And if something needs to be done to the balcony, is it their responsibility or yours?

More and more condo corporations are expecting their unit owners to cover a portion of a large deductible when there is a building-wide claim.

If anything major happens to the building, you could get hit with a big bill right when you least expect it.

"Imagine if you will, that you could have a $100,000 deductible, and so if even the common areas are damaged there could be an assessment back against the individual owners," warns Matheson.

Or consider this: Let's say someone is injured by slipping and falling in the front hall. The condo building could be sued.

"If they don't have enough insurance, or they have a really large deductible, then you, as a unit holder, who didn't have anything to do with this issue, but legally because you're part of the condo, you have to pay your share," says Matheson. She advises Metro readers to talk to your insurance provider. It's a conversation as important as the one with your banker.

Residents can protect themselves by having personalized insurance to suit their needs. ISTOCK IMAGES

Legal Matters

Fixing title to my property

I was on title to my home with my wife for many years. She passed away last year and I am finding the house too big for just me (our kids are gone) so I have sold up the large house and I am downsizing to a more manageable condo. My lawyer has asked if we did anything about changing the title to the property when my wife passed away. I am not sure what needs to be done and how to go about it.

LEGAL MATTERS
Jeffrey Cowan
home@metronews.ca

When a person holds a property with another person they have two ways to take title: joint tenancy and tenants-in-common.

The first has a right of survivorship (the property transfers to the surviving owner at the death) or tenants-in-common (where the rights in the property transfer to the estate of the deceased). In your case, you probably purchased the home as joint tenants, which means the property transferred to you when your wife passed away. All your lawyer needs to do is register a survivorship application that officially puts the property only into your name. You will need to provide your lawyer with your wife's date of death and they will register this transfer before it then is further transferred to the new purchaser(s).

Follow Jeff Cowan on Twitter @Cowan_Law or on the website at cowanlaw.ca

Film festival decorating on a budget

As the Toronto International Film Festival ramps up for another run and my love for The Great Gatsby movie lingers on, I thought it would be nice to pay homage by adding some art deco glam into my home. From walking the red carpet to creating sparkle and shine, there are lots of on-trend home decor accessories to help you feel like the VIPs when coming home from a night at the movies.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Placemat

Layer on the dining table for instant sparkle at your next dinner party or place one under a crystal lamp to dress up an end table. Urban Beaded Placemat, $12.50, simons.ca.

Runner

Feel like a VIP when you walk through the front door with your very own red carpet. Bold Stripe Red Floor Runner, $210, crateandbarrel.com.

Bathroom tray

Display your perfume bottles or soap in true '20s Hollywood style. Polished Nickel Accessory Tray, $21, sears.ca.

Chandelier

Inject Hollywood glamour to a foyer or bedroom with the drama of sleek black. Concerto Six-Light Black Lucite Chandelier, $179, homedepot.ca.

Beaded pillow

Add the sparkle of French gold to a neutral sofa or chair. Beaded Lombar Pillow Cover, $59, zarahome.com.

Drink cart

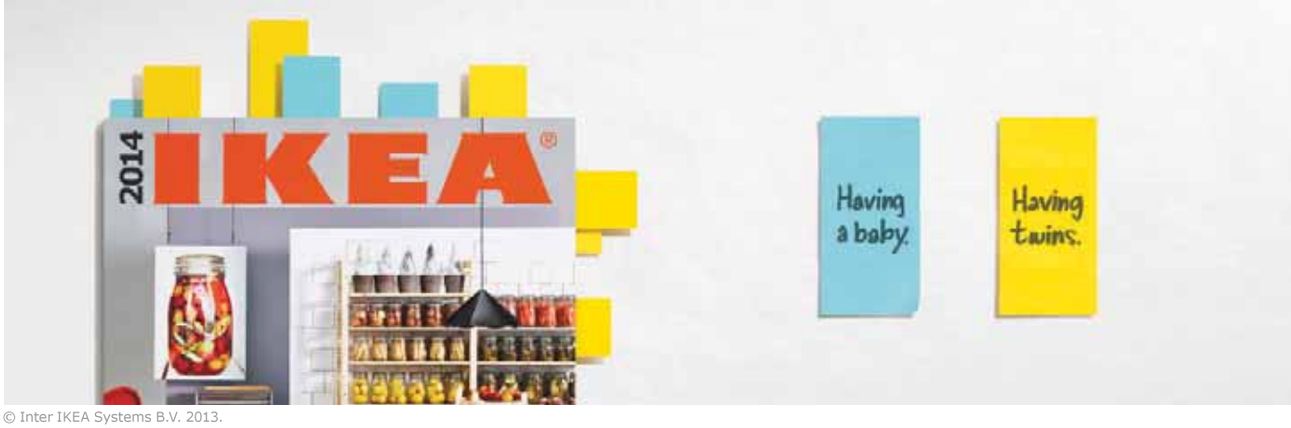
Perfect for holding towels in the bath or bottles on the terrace. Chrome and glass looks great in any decor. Ernst Chrome Bar, $199, cb2.com.

Mirrored chest

Place beside the bed, in a foyer or as a bar cabinet in the dining room; mirror always adds a lux-touch. Glamour Bedside Mirrored Chest, $699, bombay.ca.

Champagne glasses

At this price buy a case; its cheaper than renting. Glass Champagne Flutes, $2, dollarama.com.



There's a page for that in the new IKEA Catalogue.

Visit IKEA.ca/Catalogue to see it now.

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Not using a ruler can lead to DIY disaster. But there are also some less obvious mistakes people make. ISTOCK IMAGES

Upgrade your home, not your headache

DIY ideas. With proper planning and research, you can ensure your two week renovation doesn't turn into a two year headache

It's common for DIY renovations to begin with enthusiasm and a grand vision only to fall into disorder and frustration.

To learn more about common renovation mistakes and how to reverse the damage, tune in to Rescue Renovation on DIY Network Canada. For now, here are a few tips.

1. Too much to do with too little time
It's important to remember that the larger the project, the bigger the time commitment. Be realistic with how much of your nights, weekends and vacation time you're willing to dedicate before beginning.

2. Not doing it right the first time
Always think long term when planning your renovation. Cutting corners and costs on material and equipment may make sense now, but it will only lead to future costs for repairs and replacements.

3. Measuring once, cutting twice
There's nothing more discouraging than installing kitchen cabinets or a bathroom vanity to discover that your measurements were an inch too long. Measurements must be exact so if you doubt yourself, ask for help before placing your orders.

4. Designing trendy instead of designing smart
Trends come and go but your renovations will be with you for years. While you may want those flashy purple cabinets and to replace your stairs with a slide, your home's value is likely to decline if you decide to sell. Instead, focus on making each area of your home suited for a purpose and use furniture and decor to add your personal style.

5. Overlooking permits
Permits are probably the easiest area to overlook. Many renovations won't require permits, but if you're considering changing your home's structure, you'll need to do some research. Without the proper permit, you can be issued a stop work order and you may not be covered by insurance in case of an accident. Showing potential buyers that your DIY renovations met safety standards can really help raise the value of your home.

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Bellissima! Pasta Primavera minus pesky carbohydrates

This recipe serves four. PRINTED WITH PERMISSION FROM THE SIMPLYRAW KITCHEN BY NATASHA KYSSA

The most delicious and satisfying meals are often the simplest. This flavourful favourite is bound to sweep you away. Make it your very own low-carb staple. Enjoy with a glass of biodynamic red wine, if you wish.

1. Noodles: Slice zucchini in thirds, then spiralize (by using a potato peeler) into thin noodles. Set in colander to drain. (Once zucchini noodles are mixed with sauce, they will release a lot of water, making them soggy. Drain spiralized noodles in a colander, sprinkled with a little salt, before adding sauce. Or pat zucchini between paper towels to pull out some of the excess moisture.)

2. Primavera Sauce: In a blender, blend tomatoes, red pepper, and garlic. Add remainder of sauce ingredients and blend until well mixed. Spoon over noodles and sprinkle with black pepper, basil, and 2 to 3 tablespoons of Pine Nut Parma (optional).

3. Pine Nut Parma: In a food processor, chop nuts to a fine meal (or finely chop by hand). Add salt, onion powder, and yeast and pulse until crumbly. Parma will keep in refrigerator for 1 month. RECIPES PRINTED WITH PERMISSION FROM THE SIMPLYRAW KITCHEN BY NATASHA KYSSA

Ingredients

Noodles
- 6 medium zucchinis, peeled

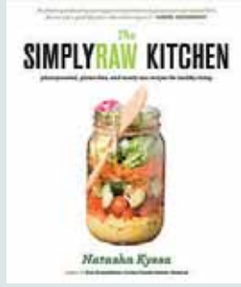
Primavera Sauce
- 4 medium Roma tomatoes, chopped
- 1 cup (250 ml) chopped red bell peppers
- 2 garlic cloves
- 1 cup (250 ml) sun-dried tomatoes, soaked for 30 minutes
- 2 tbsp pitted Kalamata olives
- 1 tsp lemon juice
- 2 tbsp extra virgin olive oil
- 2 pitted Medjool dates or 1 tbsp maple syrup
- 2 tsp onion powder
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- 3 tbsp minced fresh basil leaves
- 1 tbsp minced fresh oregano leaves
- 1 tbsp gluten-free tamari
- 1/8 tsp freshly ground black pepper
- cayenne pepper, to taste

- freshly ground black pepper, to taste
- 2 tbsp chopped fresh basil, for garnish

Pine Nut Parma
- 1/4 cup (60 ml) dry pine nuts
- 1/4 cup (60 ml) dry cashews
- 1/8 tsp Himalayan salt
- 1/2 tsp onion powder
- 2 tbsp nutritional yeast (optional)

Cookbook of the Week

Raw made easy



Promoting a balanced, flexible diet based on gluten-free and toxin-free plant foods can be easy and delicious. Natasha Kyssa sets out to prove this in her book The SimplyRaw Kitchen.

Through 134 recipes the book features a guide to the lifestyle that's easy to follow and accessible.

Among the delicious raw dishes in The SimplyRaw Kitchen are Spicy Thai Salad, Spinach and Mushroom Dip, Soft Taco Verde, Romanian Cabbage Rolls, Corn and Bean Skillet and more. METRO

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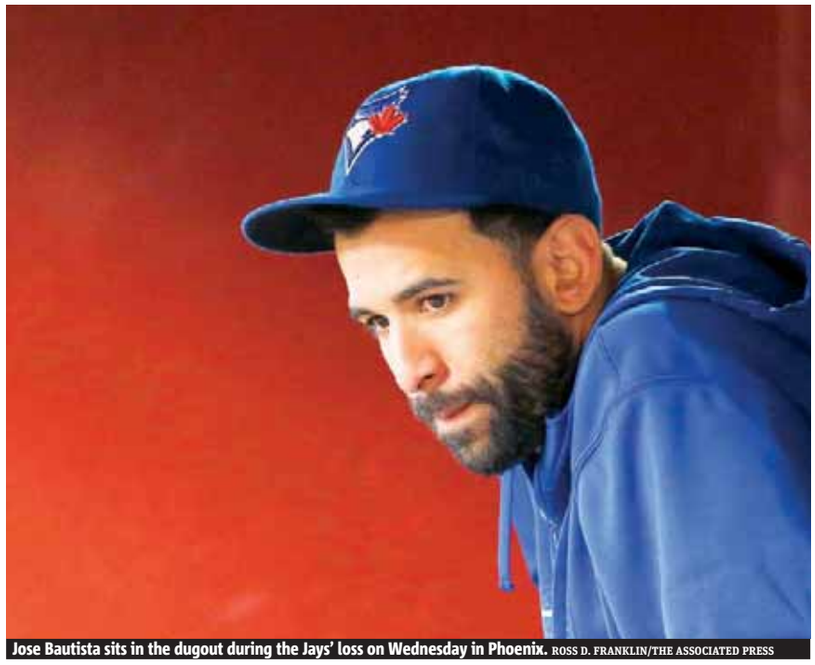
Jays put Bautista on shelf until 2014

MLB. Once again, injury prematurely ends Toronto star's season



Jose Bautista sits in the dugout during the Jays' loss on Wednesday in Phoenix. ROSS D. FRANKLIN/THE ASSOCIATED PRESS

Given the dramatic off-season overhaul, it's remarkable how much this miserable Blue Jays season feels just like last year.

The payroll jumped by 50 per cent, attendance is up by nearly 400,000 and the roster — well, mostly the disabled list — includes more former all-stars.

But the Jays are on pace to conclude just a couple of wins ahead of where they finished last year.

Another similarity: Face of the franchise Jose Bautista will once again finish his season on the DL.

Before Wednesday's extra-innings loss to the Arizona Diamondbacks, the Jays announced their slugging right-fielder — who underwent season-ending wrist surgery last August — will be shut down for the remainder of the season to let his leg injury fully heal.

Bautista has been on the disabled list for the past two weeks with nagging hip pain, which has now been diagnosed as a bone bruise in the neck of his left femur.

The leg has been healing well, Bautista said, but hip specialist Dr. Bryan Kelly recommended two more weeks of rest, after which time the 32-year-old all-star would have to work himself back into game shape and would only be able to return to the big leagues in the final week of the season, at the earliest.

"We'll only have a handful of games left, so for those reasons he recommended I get shut down, and myself and the team agreed," Bautista said. "It's not exactly how I wanted to end this season, but ... it's the only way you can heal up. I have no choice but to follow the doctor's recommendations."

The fact that the Jays are not in contention also played into the decision.

"Just a combination of all the factors timing-wise: Our team situation, the type of injury and the extent of the injury," Bautista said.

Last July, Bautista, who has 28 home runs this season, suffered an injury to a tendon in his left wrist on the follow-through of a swing. He said he's frustrated by how the past two years have ended.

"I'm one of those players that takes a lot of pride in working out hard and coming in really good shape in the off-season. Unfortunately, I had two impact plays that prevented me from finishing the season strong in the last two years. I'm hoping I have better luck next year."

TORSTAR NEWS SERVICE

Moving toward 200

"I'm in striking distance so I'm going to go out there and try to finish the season strong."

Mark Buehrle, who is fewer than 15 innings from reaching 200 innings pitched after throwing 6 1/3 frames in Wednesday's 4-3 loss to the Diamondbacks

MLS

No gains, no more Payne at TFC

Toronto FC has claimed another body.

The club has not made the move official but a source confirmed president and general manager Kevin Payne's firing on Wednesday.

Kevin Payne
TORSTAR NEWS SERVICE

Payne arrived in Toronto last November with the task of turning around the worst team in MLS. But progress has been hard to find and the team, which has never made the playoffs, stands tied for 18th in the 19-team league with a 4-12-10 record.

Ultimately Payne paid the price for yet more failure at a franchise that is losing fans as well as matches. THE CANADIAN PRESS

Lance Armstrong

Judge orders cyclist to answer PED questions in court

A Texas judge is pushing Lance Armstrong closer to his first sworn testimony on details of his performance-enhancing drug use, ordering the cyclist to answer questions about who knew what and when about his doping.

Nebraska-based Acceptance Insurance Holding is seeking the information in its lawsuit to recover $3 million in bonuses it paid Armstrong from 1999 to 2001. A judge previously refused to dismiss the case.

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Rookie QB Manuel gets the green light for Buffalo opener

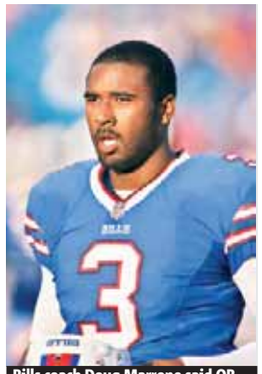
NFL. Standout first-round pick could spark a new era for Bills' struggling offence

Once Bills quarterback EJ Manuel practised Sunday for the first time in two weeks, coach Doug Marrone had an inkling the rookie first-round draft pick might be ready to open the season.

On Wednesday, Marrone was convinced, announcing Manuel had fully recovered from a left-knee injury and will start against the New England Patriots on Sunday.

"He's 110 per cent. He looks good out there," Marrone said following practice. "And that's what we're going to go with."

That's a relief for Marrone.



Bills coach Doug Marrone said QB EJ Manuel will start this Sunday. RICK STEWART/GETTY IMAGES

He was expressing uncertainty about Manuel's status since the quarterback was hurt scrambling during a 20-16 pre-season win over Minnesota Aug. 16.

"Obviously, being a Catholic, there were a lot of prayers to that," Marrone said. "I mean, honestly, you go home and say, 'Gosh, I hope he's healthy,' but you really don't know."

Manuel was far more confident he would be ready, especially after taking part in individual drills on Sunday in his first practice since having what the team called a "minor procedure" Aug. 18.

"I felt I would be good to go a few days ago as far as my knee," Manuel said. "I know mentally, if I had the chance to go out and play, I'd be ready for it."

Manuel showed little sign of a limp despite wearing a small brace during practice.

THE ASSOCIATED PRESS

Victoria victorious in N.Y.C.

Victoria Azarenka of Belarus returns a backhand to Daniela Hantuchova of Slovakia during their women's quarter-final match at the U.S. Open in New York on Wednesday. Azarenka had little trouble reaching the semifinals with a 6-2, 6-3 win over Hantuchova. ELSA/GETTY IMAGES

Track and field

Bolt to retire 'on top' after Rio 2016

Usain Bolt plans to retire after the 2016 Rio de Janeiro Olympics.

Bolt said Wednesday he wants to win more gold in Rio, set another world record in the 200 metres next year, and perhaps win a gold medal at the Commonwealth Games.

"So far, (it) is after the Olympics in Rio," Bolt said of his retirement plans. "I think if I am in great shape, I'll go there and do what I have to do. I think it will be a good time to retire, on top."

Winning another three golds in Moscow last month made him the most decorated athlete in world championship history with eight gold and two silvers. He has six gold medals from the Olympics.

"If I want to be among the greats of Ali and Pele and all these guys I have to continue dominating until I retire," Bolt said ahead of his final race this season at Friday's Van Damme Memorial. THE ASSOCIATED PRESS

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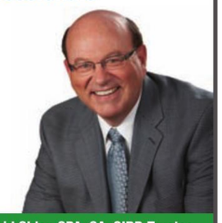

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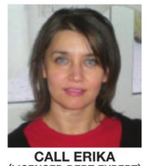

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No one in their right mind would knowingly annoy you so likely the reason a colleague is being such a pain today is because they are stupid rather than hateful. Don't hit back.

♉ Taurus
April 21 - May 21
You like a challenge and that's just as well as the challenges now coming your way will be bigger than anything you have faced before. You will enjoy showing the world what a dynamic Taurus you are.

♊ Gemini
May 22 - June 21
You may come in for criticism today but no way will you take it lying down. The more others bark at you, the more you will bark back. You may not be the biggest beast on the block but you are the loudest.

♋ Cancer
June 22 - July 23
Whatever you start over the next 24 hours you must see through to completion, so make sure it is what you really want to be doing. If you are still undecided then forget it.

♌ Leo
July 24 - Aug. 23
Today's new moon will encourage you to believe that you can do more in your career and that you can turn your talents into hard cash. Remember: If a job is worth doing it is worth getting well paid for.

♍ Virgo
Aug. 24 - Sept. 23
Today's new moon in your sign means you are capable of feats that ordinary mortals cannot compete with. But don't do things to impress. Do them to further your ambitions.

♎ Libra
Sept. 24 - Oct. 23
People are not blocking your way deliberately, although it may seem like it. Look at your own state of mind. It will tell you more than what partners or co-workers are up to.

♏ Scorpio
Oct. 24 - Nov. 22
What you gain will be more important than what you lose today, so don't try to hang on to what is clearly moving away from you. Life is an eternal revolving circle — enjoy the ride.

♐ Sagittarius
Nov. 23 - Dec. 21
If you start something new today, your name will soon be in lights. The new moon means you have the vision, and the confidence, to make a success of whatever you are planning.

♑ Capricorn
Dec. 22 - Jan. 20
What happens over the next 24 hours will make it clear that a more positive cycle is starting. You don't have to do anything special but you do have to be ready to travel quickly.

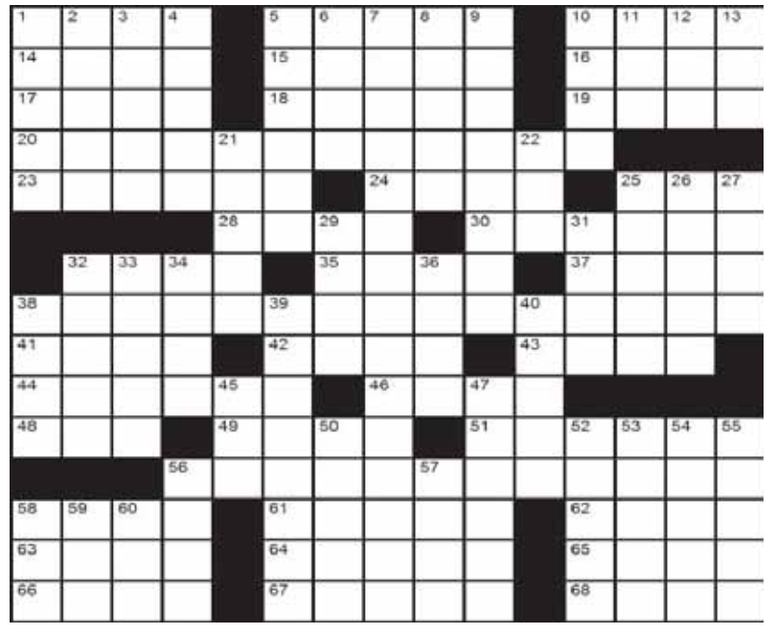
♒ Aquarius
Jan. 21 - Feb. 19
If you have financial issues to deal with, now is the ideal time to get serious about them. The new moon will inspire you to knuckle down and find solutions to problems that others have given up on.

♓ Pisces
Feb. 20 - March 20
You cannot afford to be soft or sentimental. Cosmic activity in your opposite sign demands that you see things, relationships especially, as they are, not as you wish they might be. Be tough with others but more so with yourself. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

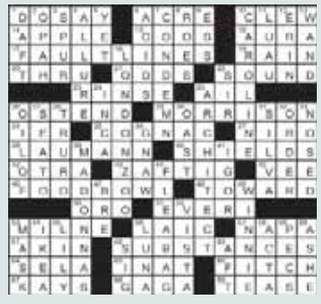
BY KELLY ANN BUCHANAN



Across
1. Annoyed state
5. Daniel __, Robinson Crusoe author
10. Cape Canaveral org.
14. Culture medium
15. Ring-shaped coral island with a lagoon in the middle
16. Amazes
17. Trojan princess in Mozart's opera Idomeneo
18. 'R' of US state RI
19. Slowly advance
20. tiff. = Toronto International __ __
23. Maintain, as an opinion
24. Necklace bit
25. Slalom
28. Dubuque's locale
30. Wobble
32. Used a loom
35. Singer style
37. Annoy
38. Sir Wilfrid Laurier is on them: 3 wds.
41. Roll _ __ (Have one's turn in board game playing)
42. Plane crash investigation agcy.
43. Depend on
44. Movie legend Marilyn (b.1926 - d.1962)
46. __ _ hat for the lady (Be gentlemanly)
48. Meadow mom
49. __ collar
51. Media company acquired by Bell
56. Canada Post business: 2 wds.
58. "Whoopee!"
61. Easily duped
62. Perceived
63. Canadian actor Mr. Cronyn, star of the flick at #57-Down
64. Decorative pin holders
65. Actress, __ Rachel Wood
66. Russian city
67. Convened again
68. Prefix to 'phone'

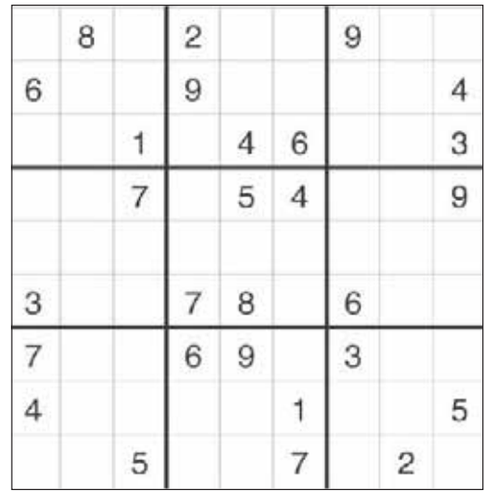
Down
1. Seaport of Israel
2. Citrus hybrids
3. Gets an F on
4. Set up
5. __ __ be different (Nonconformist's credo)
6. Shakespearean suffixes
7. Where to attend a CFL game: 2 wds.
8. Musical blast from the past
9. "Love in an __" by Aerosmith
10. Painting holder
11. Barley bristle
12. "Hey! Hold on a __!"
13. Volcanic eruption stuff
21. Used a pan
22. Fruit drink
25. Motionless
26. __ green
27. Furies
29. Mr. Disney
31. __ Canal
32. Franz Lehar operetta, The Merry __
33. Sheep-like
34. Sharply turn
36. __ International (Canadian womenswear chain, once)
38. Renown
39. Stand-up's quick joke
40. Enforcer in "The Godfather" (1972), Luca __
45. Chance __ _ lifetime
47. Most faint
50. Uplift
52. Clicker-holder's target: 2 wds.
53. Actor Christopher
54. "He's _ __ Nowhere Man..." - The Beatles
55. Jeff of ELO
56. Docile
57. "A Letter for __" (1946)
58. British Sci-Fi series, "Doctor __"
59. Sing wordlessly
60. First aid team [acronym]

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

1	3	5	4	6	9	7	2	8
9	7	8	3	2	1	5	4	6
6	4	2	5	8	7	3	1	9
5	6	1	8	7	4	9	3	2
7	8	4	2	9	3	6	5	1
2	9	3	1	5	6	4	8	7
8	1	7	9	4	5	2	6	3
4	2	6	7	3	8	1	9	5
3	5	9	6	1	2	8	7	4

Today
17°/8°
Sunny

Friday
22°/15°
Sunny

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HYUNDAI

FACTORY AUTHORIZED CLEAROUT

0%† FINANCING FOR UP TO 96 MONTHS

OR GET UP TO $4,500 IN PRICE ADJUSTMENTSΩ
AMOUNT SHOWN ON THE 2013 SONATA HYBRID

ON SELECT MODELS

HURRY IN AND GET AN AMAZING DEAL TODAY

2013 ACCENT 5 DR L

Inventory is limited.
Dealer order may be required.

GLS model shown

OWN IT FOR $73 BI-WEEKLY WITH 0%† FINANCING FOR 96 MONTHS + INCLUDES $200 IN PRICE ADJUSTMENTSΩ
NO MONEY DOWN

STANDARD FEATURES INCLUDE:
1.6L GDI ENGINE • FRONT ACTIVE HEADRESTS • FRONT, SIDE & CURTAIN AIRBAGS • POWER DOOR LOCKS • AM/FM/CD/MP3/USB/IPOD® AUDIO SYSTEM

SELLING PRICE: $15,135♦
ACCENT 5 DR L 6-SPEED MANUAL. $200 PRICE ADJUSTMENTΩ, FEES, DELIVERY & DESTINATION INCLUDED. PLUS HST.

HWY: **5.3**L/100 KM
CITY: **7.1**L/100 KM▼

2013 ELANTRA L

Inventory is limited.
Dealer order may be required.

Limited model shown

OWN IT FOR $82 BI-WEEKLY WITH 0%† FINANCING FOR 96 MONTHS + INCLUDES $500 IN PRICE ADJUSTMENTSΩ
NO MONEY DOWN

STANDARD FEATURES INCLUDE:
6 AIRBAGS • IPOD®/USB/AUXILIARY INPUT JACKS • POWER WINDOWS & DOOR LOCKS • ABS WITH TRACTION CONTROL SYSTEM • DUAL HEATED POWER EXTERIOR MIRRORS

SELLING PRICE: $17,035♦
ELANTRA L 6-SPEED MANUAL. $500 PRICE ADJUSTMENTΩ, FEES, DELIVERY & DESTINATION INCLUDED. PLUS HST.

HWY: **5.2**L/100 KM
CITY: **7.1**L/100 KM▼

2013 SANTA FE SPORT 2.4L FWD

Inventory is limited.
Dealer order may be required.

Limited model shown

OWN IT FOR $139 BI-WEEKLY WITH 0.99%† FINANCING FOR 96 MONTHS + INCLUDES $500 IN PRICE ADJUSTMENTSΩ
NO MONEY DOWN

STANDARD FEATURES INCLUDE:
AIR CONDITIONING • 7 AIRBAGS • SIRIUS XM™ RADIO WITH BLUETOOTH® HANDS FREE PHONE SYSTEM • VEHICLE STABILITY MANAGEMENT W/ESC & TRACTION CONTROL SYSTEM • HEATED FRONT SEATS

SANTA FE SPORT 2.0T 2013 CANADIAN UTILITY VEHICLE OF THE YEAR

SELLING PRICE: $27,895♦
SANTA FE SPORT 2.4L FWD AUTO. $500 PRICE ADJUSTMENTΩ, FEES, DELIVERY & DESTINATION INCLUDED. PLUS HST.

HWY: **6.7**L/100 KM
CITY: **10.1**L/100 KM▼

2013 ELANTRA GT

Inventory is limited.
Dealer order may be required.

SE with Tech. shown

GET UP TO $2,350 IN PRICE ADJUSTMENTSΩ + 0%† FINANCING FOR 24 MONTHS

AVAILABLE FEATURES:
SIRIUS XM™ RADIO WITH BLUETOOTH® HANDS FREE PHONE SYSTEM • PANORAMIC SUNROOF • 17" ALLOY WHEELS • 7" TOUCHSCREEN NAVIGATION SYSTEM W/HIDDEN REARVIEW CAMERA • HEATED FRONT SEATS

ELANTRA GT 2013 BEST NEW SMALL CAR (OVER $21K)

HWY: **5.3**L/100 KM
CITY: **7.6**L/100 KM▼

5 YEAR WARRANTY

5-year/100,000 km Comprehensive Limited Warranty††
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

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℠The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. All other trademarks are the property of their respective owners. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2013 Accent 5 Door L 6-Speed Manual/Elantra L 6-Speed Manual/Santa Fe Sport 2.4L FWD Auto/Elantra GT SE 6-Speed Auto with an annual finance rate of 0%/0%0.99%/0% for 96/96/96/24 months. Bi-weekly payments are $73/$82/$139/$456. No down payment required. Cost of Borrowing is $0/$0/$1,131/$0. Finance offers include Delivery and Destination of $1,550/$1,550/$1,760/$1,550 fees, levies, and all applicable charges (excluding HST). Finance Offers exclude registration, insurance, PPSA and license fees. Delivery and Destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2013 Elantra L 6-Speed Manual for $17,035 (includes $500 in price adjustments) at 0% per annum equals $82 bi-weekly for 96 months for a total obligation of $17,035. Cash price is $17,035. Cost of Borrowing is $0. Example price includes Delivery and Destination of $1,550 fees, levies, and all applicable charges (excluding HST). Finance example excludes registration, insurance, PPSA and license fees. Delivery and Destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. ▼Fuel consumption for 2013 Accent 5 Door L 6-Speed Manual (HWY 5.3L/100KM; City 7.1L/100KM)/Elantra L 6-Speed Manual (HWY 5.2L/100KM; City 7.1L/100KM)/Santa Fe Sport 2.4L FWD Auto (HWY 6.7L/100KM, City 10.1L/100KM)/Elantra GT SE 6-Speed Auto (HWY 5.3L/100KM; City 7.6L/100KM) are based on Energuide. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. ♦Price of models shown: 2013 Accent 5 Door GLS 6-Speed Manual/Elantra Limited/Santa Fe Sport 2.0T Limited AWD/Elantra GT SE Tech 6-Speed Auto are $19,385/$24,985/$40,395/$28,035. Prices include Delivery and Destination charges of $1,550/$1,550/$1,760/$1,550 fees, levies, and all applicable charges (excluding HST). Prices exclude registration, insurance, PPSA and license fees. ΩPrice adjustments are calculated against the vehicle's starting price. Price adjustments of up to $200/$500/$500/$2,350 available on 2013 Accent 5 Door L 6-Speed Manual/Elantra L 6-Speed Manual/Santa Fe Sport 2.4L FWD Auto/Elantra GT SE 6-Speed Auto. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. †Ω♦Offers available for a limited time, and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.